



30 DAYS OF EMPOWERING QUESTIONS

A very empowering tool is to simply remind ourselves of the things we want and deserve, on a regular basis.

Here are 30 questions to start your day with that will empower you to create the life you desire.

1. What do I want my life to be about?
2. What kinds of experiences do I want to create?
3. What do I want to spend more of my time doing ?
4. What do I want to spend less of my time doing?
5. What's 'right' about my life already?
6. How can I make the most of today?
7. What deserves my energy?
8. What can I let go of?
9. How can I appreciate this day?
10. What does self love look like?
11. What does self worth look like?
12. What does self empowerment look like?
13. How do I know when I'm living well?
14. What do I expect from today?
15. How do I want to feel today?
16. What's best for ME?
17. How can I help myself?
18. Where can I ask for help?
19. What are my obstacles?
20. What's wearing me down?
21. What's lifting me up?
22. What makes me feel safe?
23. What makes me feel strong?
24. What makes me feel worthy?
25. What energizes me?
26. What relaxes me?
27. How can I show myself love?
28. Who gets to determine my worth?
29. Who am I living my life for?
30. Who gets to make my decisions?