

10 IMPORTANT QUESTIONS

To grow as individuals in both our personal and professional lives, it's essential that we take the time to stop and reflect. We get it. Life is busy. But during this time of isolation, we hope you prioritise yourself and make the time to gain some self-awareness.

With help from our 10 important questions below, we hope you achieve a sense of personal growth. There are no wrong answers here and be aware that your answer today may not reflect how you feel in a month, three months, six months or one year down the road, and that's okay. These questions may be overwhelming and we don't expect you to answer them all in one shot - their role is to initiate reflection over time, whether it's daily, weekly or monthly - view these questions as a part of your personal growth journey.

Remember, there is no final answer - it's a continuous discovery process. Our ultimate goal is to help you find more clarity, focus and inspiration to live a more fulfilling life. Are you ready?

10 IMPORTANT QUESTIONS TO ASK YOURSELF

1. What is your why?

2. What advice would you give yourself two years ago?

3. Who inspires you and why?

4. What makes you feel happy?

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5. What did you most enjoy doing as a child?
Rank in order of importance:

6. List 5 things that are important to you in your life.
How much of your time do you give to each of these?

7. What are the achievements you're most proud of?

10 IMPORTANT QUESTIONS TO ASK YOURSELF

8. What's your biggest life regret?

9. What is your ideal self?

10. What does it mean to be your highest self?
