

Questions I ask myself

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Thank you for being part of today's motivational experience.

I hope you have learned something today, not only about how to focus on the positive but also about yourselves and who you are as individuals and as a group.

Below are the 155 questions I constantly ask myself. This list started a long time ago and I am always adding more questions to it, I would encourage you to do the same.

Alongside these questions I would like to add one more.

“What do you want”

Enjoy life and stay strong.

1. If you had the opportunity to get a message across to a large group of people, what would your message be?
2. If the average human lifespan was 40 years, how would you live your life differently?
3. What makes us the same? What makes us different?
4. If you could choose one book to be given to everyone to read, which book would you choose?
5. What is your most beloved childhood memory?
6. Is it more important to love or be loved?

7. If you could go back in time and change one thing, would you do it?
8. What personal prisons have you built out of fear?
9. Why are you, you?
10. If you could live one day of your life again, which day would you choose?
11. What is holding you back or stopping you from achieving what you want to do?
12. What can money NOT buy?
13. If you died tomorrow, how would you be remembered?

14. What do you love most about yourself?

15. Who do you trust, and why do you trust them

16. If you had to eliminate everything in your life except for what you could fit into a small backpack, what would you put in the backpack?

17. What do you need to have a successful life?

18. How would the world be different if you had never been born?

19. With the resources you have, what can you do right now to bring yourself closer to your goal?

20. When was the last time you lied?
And what did you lie about?

21. What made you smile this week?

22. What Motivates you to be your best?

23. What or who has been distracting
you?

24. What excites you about the future?

25. Who would you class as your
mentor?

26. What are you uncertain about?

27. What are you good at?

28. What type of person angers you the
most?

29. What is missing from your life?

30. What is your most striking physical attribute?

31. What are the top three qualities you look for in a friend?

32. What are you an expert at?

33. How would an extra £1000 a month change your life?

34. What things in life should always be free?

35. What is one thing, right now, that you are totally sure of?

36. Looking back on the last week, month and year, what did you do that was memorable?

37. Where do you spend most of your time while you are awake?

38. What makes someone a hero?

39. Why did you leave your last job?

40. What would make you smile right now?

41. What is your biggest flaw?

42. What would you admit to being your biggest flaw?

43. What makes you feel grateful for what you have?

44. What is the best way to heal a broken heart?

45. What is the most romantic thing someone has ever done for you?

46. What do you think it would be like to be rich?

47. What do you need most right now?

48. What is your favorite month of the year?

49. What awkward moment did you recently experience?

50. What makes a person beautiful?

51. What is the last thing you regret buying?
52. What has happened in your life that would serve as a life lesson to others?
53. What is your favorite speech from a movie?
54. What have you had to learn to live without?
55. What do you do when other people do not like you?
56. What is the most important thing you have learnt from your parents / grandparents?
57. What do you do / feel when you love someone who does not love you back?

58. Describe what beautiful looks like in the dark?

59. What is worth enduring the pain for?

60. What gives you peace of mind?

61. What stands between you and what you want?

62. What word best describes what you do for a living?

63. What promises that you have made to yourself do you still need to accomplish?

64. What is your favorite song lyrics?

65. What is your favorite song?

66. What is your purpose?

67. Can you name one thing you must have in your life?

68. What two things do you dislike?

69. What should you avoid to improve your life?

70. What should never be taken seriously?

71. What worries you the most about death?

72. What are you a natural at?

73. What is life too short to do?

74. How far would you go to save someone you love?

75. What ruins relationships?

76. What is there no substitute for?

77. What is something you have grown to appreciate as you have grown older?

78. What thought has been sitting in the back of your mind recently?

79. What is there too much of in the world?

80. What will you never put up with?

81. What is the top source of heartache in your life?

82. What do you see everywhere you go?

83. What is the most useful thing you own?

84. What change to your routine has saved you the most time?

85. What do you find ugly?

86. I am lost without ...?

87. What is one thing you must never waste your time on?

88. What is something untrue that people think about you?

89. In one word describe your parents relationship?

90. What is your favorite summertime memory?

91. Who is one person you describe as successful?

92. What are the top 5 things you have never done but want to?

93. What do you do when you feel like giving up?

94. If you could learn any skill what would it be?

95. What is missing from your life?

96. At what age did you become an adult?
97. What is the happiest moment you have of your parents?
98. What causes you to stop respecting another person?
99. What is something you always say NO to?
100. Love is not ...?
101. What never fails to capture your attention?
102. Who do you want to be in five years?

103. Who would you like to be sat next to on a plane?

104. What is your passion?

105. What makes you different?

106. What quote motivates you?

107. How would you save the world?

108. What superpower would you have?

109. Jedi or Sith?

110. What is something you can never buy?

111. What makes you angry?

112. What is the most common white lie you tell people?

113. What is one kind of person you would never mess with?

114. What is on your mind right now?

115. What song reminds you of your childhood?

116. How many friends do you have that you can truly count on?

117. What situations are you dealing with right now?

118. Why are you not happy right now?

119. What has slowed you down or stopped you reaching your true potential?

120. How do you say thank you without using words?

121. What kind of negativity do you struggle to defend yourself against?

122. What is your favorite way to show someone you love them?

123. What is something you are grateful for that you have taken for granted?

124. In what way are you above average?

125. What is worth the wait?

126. What do you wish you could erase from your past?
127. What do you miss from your life five years ago?
128. What is something you do that never ends well?
129. What is one thing you do that is shortening your life?
130. How would you describe yourself in five words?
131. If you needed someone, who is the one person you would go to for support?

132. If you could speak to the whole world, what would you say?
133. If you could ask one person one question, and they had to answer honestly, what would you ask and who would you ask it to?
134. What was your favorite toy as a child?
135. If you woke up tomorrow with no fear, what would you do first?
136. Who in your life do you wish you had met sooner?
137. What do you most regret never telling someone?

138. When did you last laugh so much that it hurt?

139. When did you last judge someone who you did not even know?

140. What is something you enjoy doing again and again?

141. What is something you do not care about even though lots of people do seem to care about it?

142. What will you never know for sure?

143. What is something you enjoy doing for other people?

144. What is your Kryptonite?

145. How old would you be, if you did not know how old you are?

146. Is it possible to lie, without saying a word?

147. If not now, when?

148. What would you do differently if you knew nobody would judge you?

149. What are you holding onto that you need to let go?

150. Who do you love, and what are you doing about it?

151. When is it time to stop calculating risk and reward and just do what you know is right?

152. Is crying a sign of weakness or strength?

153. Would you break the law to save a loved one?

154. Is it worth asking one more question?

155. What questions do you ask yourself?