

48 life- jolting questions

Take a few hours out of your life, grab your drink of choice (coffee/ LaCroix/ White Russian/ whatever), get comfy, and answer as many questions as you can handle in the time you've allowed yourself.

If your answers inspire you to shift even one thing in your life for the better, then congratulate yourself and take action!

If your answers spark a wildfire of anxiety inside of you, then congratulate yourself for noticing that something needs changing, and take action! Life's too short to squander it feeling anything else than alive— with vitality and meaning.

Happy un-dead-ifying your life.

Rate how much you like your life on a scale of 1 - 100.	What could be great about your life?	If you died now, would you have any regrets?	What would you do if you had unlimited resources?	When was the last time you were out of your comfort zone?	Imagine it's 10 years from now and you're fulfilled in your career. What are you doing?	If your life depended on taking action, what would you do?
What's been new in your life in the last month?	What wins did you have this week?	In one year, if things are going exactly the way you want, what are you doing?	Who or what do you need more of in your life?	What would happen with your life if you tripled your confidence?	What routine do you need to bust up this week?	If you saw someone else in your situation, what would you suggest they do?
What are you willing to do?	What type of person do you need to be?	What are you looking forward to?	Are you doing what you truly want to do?	What gives you meaning in life, even if the smallest ways?	What story do you most often hear yourself telling?	What three things are you grateful for this week?
What are you willing to endure to see your goal become a reality?	If you don't take action on what matters, what happens then?	What are you tolerating at work or in life right now?	What lesson did you learn in the last six months?	What's the thing that annoys you about others (that's really about yourself)?	Of what achievement are you most proud?	How would your life be different if you had no fear?
What would you be doing if you won the lottery?	What would the wisest version of yourself say about your life right now?	What makes your heart beat fast in a good way?	What are you pretending not to know?	What is your intuition telling you?	What strength of yours has been underutilized lately?	
What are you secretly longing to do?	What can you do to expand your thinking?	What would you try now if you knew it would succeed?	Which of your values are you compromising right now?	What do you need to give yourself permission to do?	What has to happen in your life to let yourself feel fully satisfied?	What do you need to say no to in the next two weeks?
How would your favorite people describe you?	How would your least favorite people describe you?	How do you want to be described?	What are you here to do?	How will you know you are ready to move forward?	What is one thing that would make a positive impact on your life if you addressed it right now?	In the end, what do you want to say about you?