

Questions to Prompt Your Thought

Without repeating what's written in the online article, below I have included some additional questions to help you get the most out of each category.

<p>Physical Environment</p> <ul style="list-style-type: none"> ❖ Are you comfortable with the home that you live in? ❖ Do you have a clean and tidy environment? ❖ Do you have a good community? 	<p>Romance</p> <ul style="list-style-type: none"> ❖ Do you feel love? ❖ How often are you expressing love to others?
<p>Business/Career</p> <ul style="list-style-type: none"> ❖ Are you where you want to be by now? ❖ Is your career heading in the right direction? ❖ Are you satisfied with the kind of work you do? 	<p>Personal Growth</p> <ul style="list-style-type: none"> ❖ How focused are you on Personal Growth? ❖ Do you read often? ❖ Are you trying new experiences and thriving to learn? ❖ Are you satisfied with your direction in life?
<p>Finances</p> <ul style="list-style-type: none"> ❖ Are you comfortable with what you're earning to satisfy your needs? ❖ Are you financially set up for future growth in wealth? 	<p>Fun & Recreation</p> <ul style="list-style-type: none"> ❖ Are you enjoying life and making it fun? ❖ Are you satisfied with the level of activity that you do? ❖ Do you socialize often? ❖ Do you regularly do what you love?
<p>Health</p> <ul style="list-style-type: none"> ❖ How physically healthy are you? ❖ Are you satisfied with your level of fitness? ❖ Are you satisfied with your diet? ❖ Are you socializing often? 	<p>Spiritual / Contribution</p> <ul style="list-style-type: none"> ❖ What do you do that impacts the lives of others? ❖ How would others rate your contribution to society or to them as individuals? ❖ How connected are you to the inner and outer world? ❖ Are you satisfied with your relationship with your spiritual being?
<p>Family & Friends</p> <ul style="list-style-type: none"> ❖ Is your family supportive of you? ❖ Are your friends supportive of you? ❖ Are you socializing often? ❖ Are you supportive of your family & friends? 	<p>Self-Image</p> <ul style="list-style-type: none"> ❖ Do you think of your skills and abilities highly? ❖ Do you respect and love yourself? ❖ Do you appreciate yourself?