

A woman wearing a vibrant red coat and matching pants is lying on her back on a light-colored wooden deck. Her hands are pressed against her face, and she appears to be in a state of distress or exhaustion. She is wearing a silver ring on her left hand. The background shows a sandy area with some green plants.

The Questions to Ask

TO
REFOCUS
&
PESERVE

QUESTIONS TO ASK
PODCAST

Q U E S T I O N S T O R E F O C U S D U R I N G A D V E R S I T Y

What am I spending my time on?

Is what I'm doing really going to matter in a week, a year, or two from now?

Is it something that is going to last, touch someone, or make a difference?

Do you truly care about what you are doing?

Is it bringing me joy?

If not, why am I spending my time on this?

Is this the thing that makes all this adversity worthwhile? Keeps me inspired?

Is what you are doing helping you achieve something valuable for you?