

QUESTIONS TO ASK PODCAST

BEFORE YOU ARE 40, EPISODE 1



NAME _____

How would you describe
yourself right now?

MISSION

How would you like
to be remembered?

GRATEFUL

What are you grateful for right now?

**WHAT DID YOU WANT TO BE AT 5 OR 10 YEARS
OLD?**

WHAT IS IT THAT YOU LIKE ABOUT

Your Home Life?

Your Relationships?

How does the company you keep making you feel? Who are the ones you should stay in contact more often, and who are the ones you should stay away?

Your Job & Career



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JOY

What brings you joy?

What is holding you back from living a healthy lifestyle? What are you eating every day? What do you do to exercise your body? to give your body energy?

HOW DO YOU ENVISION YOURSELF AT 60 YEARS OLD? WHAT WOULD YOU CONSIDER SUCCESS?

BLISS

What is your bliss?

LAST DAY

If tomorrow is your last day, will you be content with what you have accomplished thus far? If not, what is missing?

What would you focus on within those 24 hours?

LAUGH

What brings you laughter?



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SKILL

What skill would you like to learn?

WHAT HAVE YOU DONE THUS FAR THAT HAS WORKED AND NOT WORKED IN YOUR LIFE? WHAT DO YOU WANT TO STOP DOING?

WHERE

What places make you happy?

POWER OVER YOUR LIFE

What do you need to do to accomplish what you want moving forward?

PLACES

What places would you like to visit?

What are three things that you will focus for the next 6 months to take ownership over your life and happiness?
