

## Daily

1. How do you want to feel today?
2. What would make today great?
3. What's one thing you're grateful for?
4. What's something you learned yesterday that you can apply today?
5. What's one positive affirmation you can focus on today?

## Weekly

1. What went well this week?
2. What can I do better?
3. What brought me joy?
4. What am I looking forward to this week?
5. What habits do I plan to maintain or build upon this week?

## Monthly

1. What did you enjoy most about this month?
2. What was difficult this month?
3. What are you particularly grateful for this month?
4. How can you take care of yourself this month?
5. What do you hope to be successful at by the end of the month?

## General

1. Do I like who I am right now?
2. When was the last time I laughed so hard?
3. What are the three things that I am most grateful for?
4. What are my three main priorities in life?
5. What are my values?
6. Have I done something recently that I could be proud of?
7. When was the last time I extended kindness to somebody?
8. What do I really want from life?
9. What makes life meaningful?
10. What is a peaceful life?
11. How would I describe the perfect day?
12. When you look in the mirror, what do you see?
13. Is there something you'd like to do less of? Is there something you'd like to do more of? Why haven't you already?
14. What emotions does my next level self experience on a day to day basis?
15. How can I start feeling more of those emotions as this current version of me?