

MORNING QUESTIONS

What am I most ***happy*** about in my life?

What could I be happy about?

How does that make me feel?

What am I most ***excited*** about in my life?

What could I be excited about?

How does that make me feel?

What am I most ***proud*** of in my life?

What could I be proud of?

How does that make me feel?

What am I most ***committed*** to in my life today?

What could I be committed to?

How does that make me feel?

What am I most ***grateful*** for in my life today?

What could I be grateful for?

How does that make me feel?

Who do I ***love*** most in my life and who *loves* me

Who could I love and who could love me?

How does that make me feel?

What is my ***purpose*** in life? Why am I here?



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