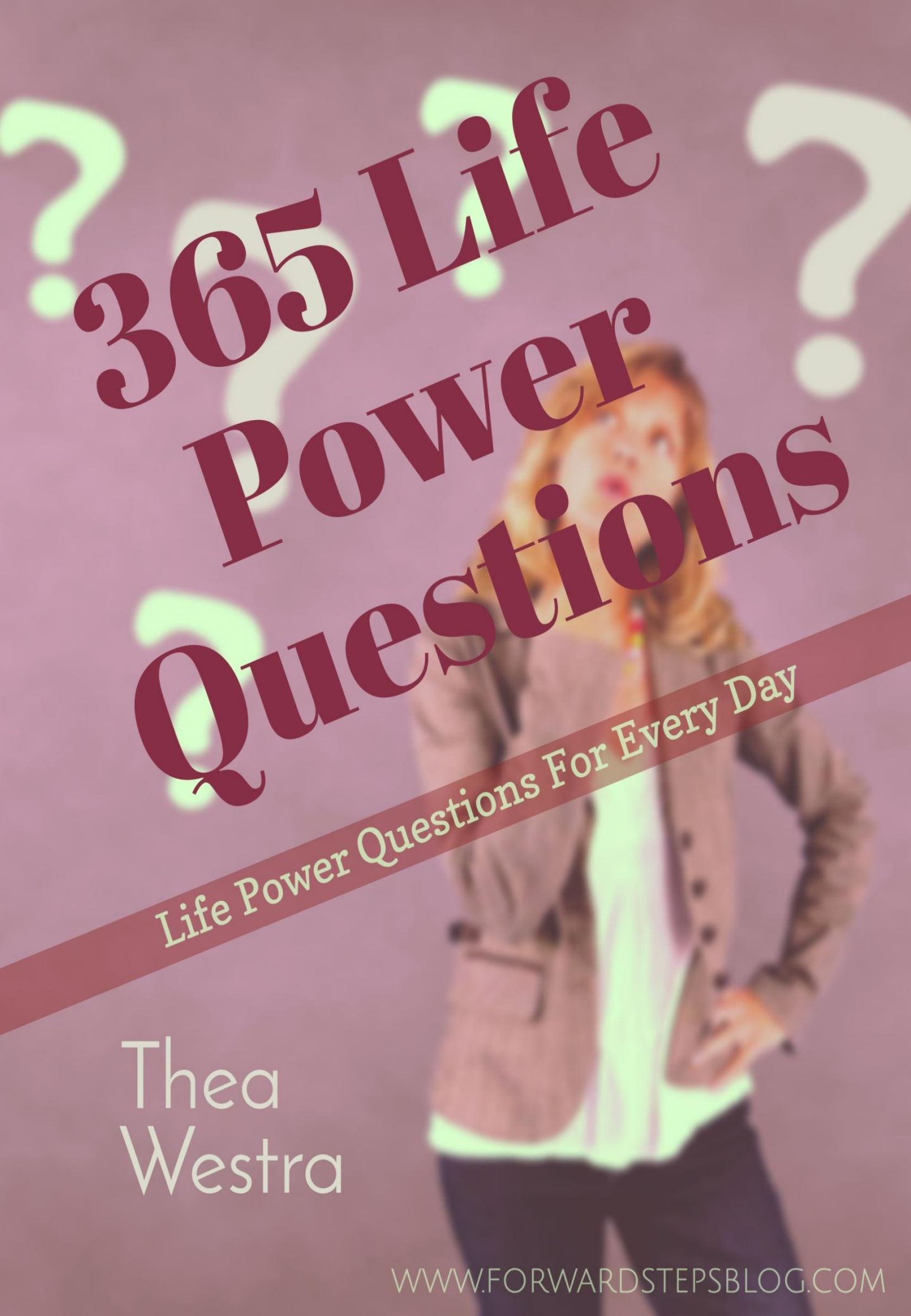




365 Life Power Questions

Life Power Questions For Every Day

Thea
Westra

WWW.FORWARDSTEPSBLOG.COM

365 Life Power Questions

Life Power Questions For Every Day

Discover what next to do for success

These questions help to make unconscious
things, conscious

By Thea Westra

Created & Published By Thea Westra

www.forwardsteps.info/forwardstepsblog

Copyright © 2016 - Thea Westra. All rights reserved.

ALL RIGHTS RESERVED. DISCLAIMER AND/OR LEGAL NOTICES:

The information presented herein represents the view of the author as of the date of publication.

Because of the rate with which conditions change, the author reserves the right to alter and up-date her opinion based on the new conditions. This book is for entertainment and informational purposes only.

While every attempt has been made to verify the information provided in this book neither, the author or his affiliates/partners assume any responsibility for errors, inaccuracies or omissions.

Any slights of people or organizations are unintentional. If advice concerning legal, financial, psychological, physiological conditions or related matters, are needed then the services of a fully qualified professional should be sought. This book is not intended for use as a source of financial, legal, psychological or physiological health advice. Neither the Publisher nor the Author shall be liable for damages, directly or indirectly, arising herefrom.

If you have any questions about what you can or can not do with this book please ask Thea... www.forwardsteps.info/contact

Enjoy this collection of 365 Forward Steps life power questions.

These are also published inside my Time For My Life book, along with so much more...

www.forwardsteps.info/timeformylife

You can also get all 365 of them by receiving emailed Forward Steps Notes...

www.forwardsteps.info/171lifepowernotes

365 Life Power Questions is an ebook that you can skim at leisure, to find for yourself an empowering thought or fresh perspective on your life.

Triggering a newly inspired action, enhancing our day-to-day experience of life, keeping you empowered and motivated to act, for achieving your personal goals, and stepping forward just a little more, every day.

When we lose touch with positive emotions, our source of personal life-power, and no longer challenge ourselves, then some of our days can begin to look a little like a treadmill.

Use this book to raise yourself above the fray, on "those kinds of days"!

About This Book

This is NOT a free book. You can purchase your personal copy at www.forwardsteps.info/365powerquestions

The author of this book has intended each power question to to inspire you, to provide a focus for empowering you during the course of your day, and beyond.

There are two powerful ways to improve our experience of life. We can make changes and step into new things... walking away from things that no longer serve us. Creating brand new, empowering experiences.

We could also not change at all, leaving everything as it is. Choosing instead, to increase awareness and open up fresh insights... which shift our perspective on what we observe.

Both can take us to places we never expected!

Either way, we need to step forward & take action. Else there would be nothing to change or observe.

In the moments when we find ourselves immobilized, introduce powerful questions to the mind and our brain will shift into gear for finding answers. It will keep working until an answer is found, even when we are not aware of it.

Questions are the gateway to getting unstuck! Our learning and development is about the questions that we ask, and answers we find on that journey.

Questions are our key to having breakthroughs and opening up our thoughts of 'Aha!' Questions help you examine your life and get you in touch with what you want.

Reframing disempowering thoughts as questions is an excellent way to instantly change how we feel. The right questions will put you back in the driver's seat and direct your focus on solutions.

Unveil what next to do for your success...

Experience the life changing results that can happen when you apply what you learn here, to your life.

These questions are an excellent tool for getting "clear of trees", giving a magnificent view of the "woods"!

The following are only a few of the many benefits. These were gleaned from comments by people who've already used these questions. Imagine achieving these...

- Understand what you really want
- Identify your highest priorities
- Define your goals more clearly
- Discover what next to do for success
- Build up courage to do as you wish
- Apply the first step toward your goals
- Achieve clarity of focus
- End procrastination
- Turn restlessness to calm
- Leave less to chance and luck
- Discover and attract fresh ideas
- Learn more about yourself
- Maximize time on what's important
- Plus, so much more...

The purpose of self reflection is to expose things that might not always be in clear view. We become quite expert at keeping secrets from our conscious mind.

Self knowledge is the greatest knowledge that you will ever acquire.

Questions are a powerful tool for opening up those areas we've been wanting to avoid.

Once exposed, we can identify immediately where to begin work and start taking action towards positive change.

With each question, once answered, record a possible action for stepping forward.

These 365 questions can help to make unconscious things, conscious. Revisit these questions regularly because life circumstances often change.

Answering them often "peels those layers of the onion" that are our experiences, which compound to give us a particular view on life.

Breaking down your work, into questions, makes the task of self improvement less daunting and gives you specific areas of focus for change & action.

Give your brain a question and it will work on answers.

Our responses, to even simplest of questions, can surprise with breakthrough-producing, insights.

Use each page as a part of your morning ritual, then take time to pause with each question for that day. Let each question really settle in. Contemplate for a moment, what you just read and consider one action to match the question being presented. Take those actions, and on that day. Alternative actions may also jump out at you, during your reflective time with each question.

There is no failing here, there is only an opportunity to take the actions and thoughts for a test drive, seeing if they are something you want to keep or, from which you could learn.

This book is supposed to be taken lightly, and never to be taken super seriously. It is up to you, of course, how you want to perceive its contents. Enjoying this book, with its ultimate collection of life questions, is far preferable than to see it as a literal set of rules by which you must abide!

Use the book's questions as your springboard to fresh insights and new ideas.



1.

And... What makes you
come alive?

2.

Are any of the changes
you make, actual
improvements to your
life?

3.

Are you "working" and "trying" too hard? What could you "let go"
of?

4.

Are you a traveler or a tourist in your journey through life?

5.

Are you afraid of stubbing your toes, as you step ahead in life?

6.

Are you answering the Universe with gratitude when it sends you
a big nudge?



Tell me,
what is it you plan
to do with your
one wild and
precious life?

Mary Oliver

www.forwardstepsblog.com

7. Are you asking the right questions for moving yourself forward?

8. Are you aware of when you are choosing and when you are running on automatic?

9. Are you aware of your inner game and how it manifests externally?



10. Are you clear about when you are experiencing personal success?

11. Are you crystal-clear yet, about what you truly want?

12. Are you doing a few health-giving things for yourself today?

13.

What in your life needs immediate attention?

14.

Are you hanging on to opinions that may no longer hold true?

15.

Are you holding anger in your body and how will you deal with that?

16.

Are you honestly making the best use of your talents?

*Quality questions create
a quality life.*

*Successful people ask
better questions, and as a
result, they get better
answers*

~Tony Robbins~

www.forwardstepsblog.com



17.

Are you keeping yourself safe and not going after your dreams?

18.

Are you living consciously and with awareness of choices that you make?

19. Are you looking for inspiration to come from an external source?

20. Are you mindful of the words you speak every day?

21. Are you paying attention and learning, each day?

22. Are you planning any changes in your life, or will status quo be the name of your game?

23. Are you ready to create your own life this year?



"IF YOU DON'T
KNOW WHERE
YOU'RE GOING,
ANY ROAD'LL
TAKE YOU THERE"

George Harrison

www.forwardstepsblog.com

24. Are you selling out on anything or are you compromising your dreams?

25. Are you 'spending' your time in the way that you love?

26. Are you still paddling around in the streams, or preparing to go to sea?

27. Are you too critical and far too harsh with yourself?

28. Are you waiting for a "sure thing" before you will take action?

29. Can you see your failures and successes as simply a result?

30. Are your goals written down?



31.

Are your life areas in harmony, or simply hanging in balance like a stagnant set of scales?

32.

Can you accept everything about yourself?

Discovering the truth about ourselves is a lifetime's work, but it's worth the effort.

Fred Rogers

WWW.FORWARDSTEPSBLOG.COM

33.

Can you believe in something without having direct evidence?

34.

Can you find 10 ways to 'say' I Love You to someone special in your life?

35.

Can you depend on your word, to yourself?

36.

Can you distinguish essential from non-essential?

37.

Can you forgive yourself? Will you?

38.

Can you look in a mirror then tell that person you love them and really mean it?

39.

Could you catch yourself doing something right, today?



40.

Could you distinguish 10 lessons that you learned last year?

41.

Did you live consciously today, or were you at the effect of your circumstances?

42.

Do you confuse your activity with accomplishment?

43. Do you have a crystal-clear vision of what you desire to create?

44. Do you have a plan? Are you working your plan?

45. Do you have a way to keep the opinions of others in balance and perspective for yourself?

46. Do you have access to your own happiness?

WE MUST PUT
EFFORT AND
ENERGY
INTO ANYTHING
WE WISH TO
change.

ERIN MORGENSTERN

www.forwardstepsblog.com

47. Do you have any MUST do's hanging around? Lighten your load and attend to them!

48. Do you have anything in your current reality that you wish to alter?

49.

Do you have creative conversations with friends?

50.

Do you have effective strategies and 'self-talk' that will quiet your mind?

51.

Do you have extreme clarity of focus, about why you want more time?

52.

Do you have one over-riding vision that encompasses all of your smaller goals and activities?

53.

Do you have the ability to spend an entire day on the bank of a river without feeling guilty about it?



54.

Do you have the courage to stop for a while and just "be"?

55. Do you have tools for gaining further clarity about your goals?

56. Do you have your head in the sand?

57. Do you keep your word to yourself?

58. Do you know what distances you from your experience of freedom?

59. Do you know who you are, or do you take another's word for it?

60. Do you make use of all the information you already have at your fingertips?



"THE ONLY
WAY OUT
IS GOING
ALL THE
WAY IN."

Jack V. Johnson

www.forwardstepsblog.com

61.

Do you manage the health of all three areas of mind, body, and soul?

62.

Do you more often respond, or react, to events?

"As you become more clear about who you really are, you'll be better able to decide what is best for you — the first time around."

Oprah Winfrey

63.

Do you need to exert a different kind of effort in your pursuits?

64.

Do you practise tuning in to your instincts and hunches?

65.

Do you really know how close you are to producing your desired results?

66.

Do you relate to your children as the young people that they are?

67.

Do you see the opportunities that are open to you, or are you focused on the closed doors?

68.

Do you set yourself tasks or do you live by a created vision?

69.

Do you stop to 'listen' to your feelings?



*If it doesn't
challenge you.
It doesn't change
you.*

Fred Devito

www.forwardstepsblog.com

70.

Do you work with the Laws of Attraction or do you still work on changing external things to alter your 'world'?

71.

Do your habits create the life you want or move you away from that?

72.

Does your nutrition sustain your energy levels for the goals you have?

73. During which activities do you feel most energized?

74. For what could you take 100% responsibility in your life, now?

75. Has anything stopped you this week from doing what you know you want to get accomplished?

76. Have you "failed" in your own mind? What will get you back up again?

Place everything
you have ever
learned or
discovered in a box
labeled *thank you*.

Jennifer Pastiloff

www.forwardstepsblog.com

77. Have you given up on anything recently?

78. Have you got specific with your goals yet?

79. Have you left base-camp on your upward journey?

80. Have you made any life decisions lately, conscious or unconscious?

81. Have you plotted the progressive path for fulfilling your goals for this year?

82. What permission do you need or want to be able to move forward?

83. Have you stopped at a hurdle? What desire would keep you moving forward?

84. How are those New Year resolutions of yours, moving along?



85. How can you be more effectively making use of your time?

86. How could you awaken the sense of 'challenge' in your life?

87. How could you enrol key players in your vision?

88. How could you increase your personal effectiveness?

89. How could you re-allocate funds to better serve your life goals?

90. How could you simplify your life today?

'It ain't what you don't know that gets you into trouble.

It's what you know for sure that just ain't so

Mark Twain

www.forwardstepsblog.com

91. How did you value your gift of life today?

92. How did your canoe travel today? Were you in control of the paddles?

93. How do you benefit by keeping clutter in your life?

If you understand everything, you must be misinformed.

- Japanese Proverb

www.forwardstepsblog.com

94. How do you benefit by not achieving your goals?

95. How do you determine your daily priorities?

96. How do you express your unique brand of creativity?

97.

How do you keep balanced and true to yourself, moment by moment?

98.

How do you raise your energy level?

99.

How do you recognize the ways that you have personally grown?

WHAT IF I TOLD YOU
10 YEARS FROM NOW
YOUR LIFE WOULD BE
EXACTLY THE SAME?

DOUBT YOU'D BE
HAPPY?

SO, WHY ARE YOU
AFRAID OF CHANGE?

Karen Salmansohn



www.forwardstepsblog.com

100.

How do you respond to change? Could you improve that?

101.

How do you want to be remembered?

102.

How good will your life be five years from today?

103.

How long have you consistently stayed with singular focus on a project?

104.

How many books have you read in the last ninety days?

105.

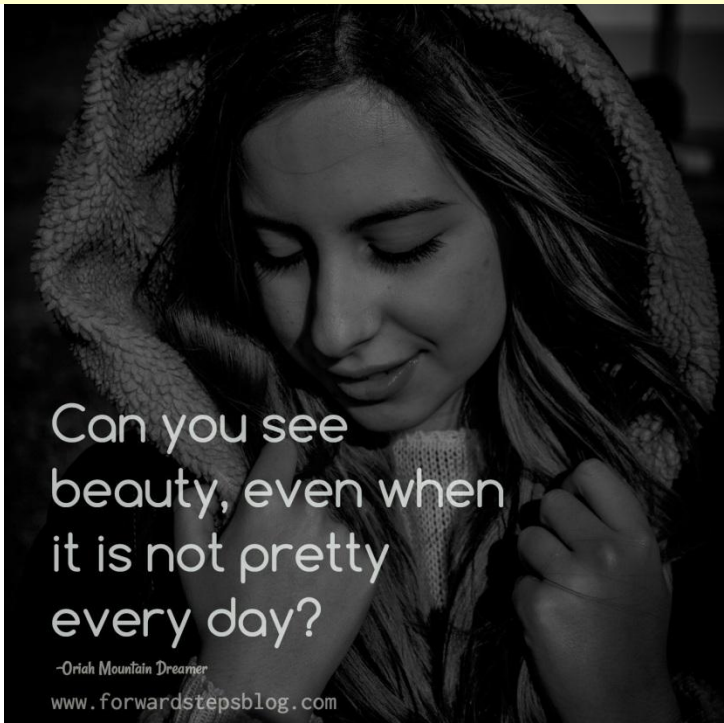
How many opportunities will you notice today that you might usually let pass by?

106.

How much more could you be yourself today?

107.

How often do you make yourself wrong and how will you manage something different?



Can you see
beauty, even when
it is not pretty
every day?

-Oriah Mountain Dreamer

www.forwardstepsblog.com

108.

How often do you use time as your excuse for non-achievement?

109.

How will you deal with what you are not yet ready to accept about yourself?

110.

How will you make use of all the minutes that you have been given today?

111.

If not NOW...then, when?

112.

If you could create a perfect life for yourself, what would it look like?

113.

If you could master and learn one thing - what would it be?

114.

If you could pass on to others one thing you have learned in life, what would it be?



YOU WILL FIGURE
IT OUT. YOU ONLY
NEED LOOK AT
YOUR HISTORY.
YOU ALWAYS HAVE
COME THROUGH!

-Thea Westra

WWW.FORWARDSTEPSBLOG.COM

115.

If you had no family or close family, to what would you dedicate your life?

116.

If you had to guess your life purpose, what would it be?

Risk asking all the questions you need to ask.
That's smart!

Guy Finley

www.forwardsteps.info/innerstrength

117.

If you knew that in one year you would leave the planet, what would you do today?

118.

If you were to take full responsibility for your thoughts, what might your new life look like?

119.

If you were your own coach, what would you be telling yourself right now?

120.

In relationship to a large goal you want to accomplish, when was the last time you asked "Why not me"?

121.

In what area of life could you become more yourself?

122.

In what areas do you make a difference to the world?

123.

In what way are you a better person today than yesterday?

A brand new perspective on an "old problem" could open up a brand new sequence of possibilities.

Thea Westra

WWW.FORWARDSTEPS.INFO/VIDEOS

124.

In what ways can you bring greater joy in your life?

125.

In daily actions, are you conscious to the Pareto Principle (20/20 Rule)?

126.

In your life, what is the main game worth playing?

127.

Is it time for you to review and overhaul?

128.

Is it time for you to step back and loaf for a while?

129.

Is there a better way you could begin each day?

130.

Is there anything from your past that you could now accept, so that you can move forward?

You can
solve a
problem.
You cannot
solve a fact.
Notice the
difference!

Thea Westra

www.forwardstepsblog.com

131.

Is there anything you are ignoring to which you should be paying attention?

132.

Is there something you will do today to improve your life forever?

133.

Rather than focusing on what you are 'against', ask, "What are you for?"

134.

Right now, what can you do to create more of your ideal life?

135.

To what extent do you live what you communicate?

136.

To what in your life could you begin saying 'no' so that your 'yes' is accomplished?



Imagine that you are talking to yourself about a regret or mistake, from a compassionate and understanding perspective. What would you say?

137.

What two or three standards do you abide by - hail, rain or shine?

WWW.FORWARDSTEPSBLOG.COM

138.

What actions toward happiness will you take today?

139. What are 100 things you want to do before you die?

140. What are five things you value most in life?

141. What are the pleasures that you link to the pain of inaction?

142. What are the things in your life that you would do anything to avoid?

143. What are the things that inspire you?

144. What are the top five goals in your life?

We're faced with hundreds of "trade-off decisions" every single moment, of every day, and we choose to do one thing at the cost of not doing another.

Did you choose well today?

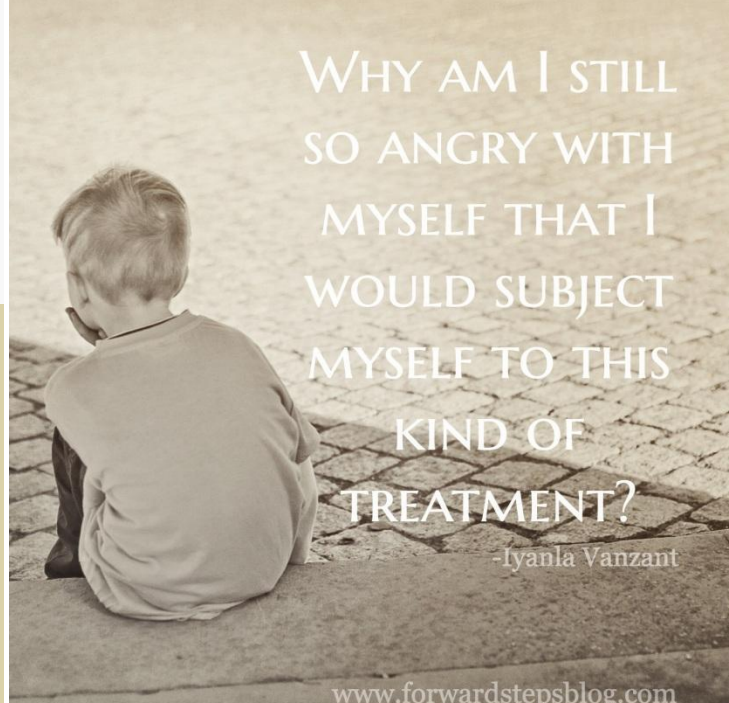
WWW.FORWARDSTEPSBLOG.COM

145.

What are you aiming for?

146.

What are you committed to starting or stopping?



147.

What are you enjoying the most in your life?

148.

What are you most excited about in your life, and why?

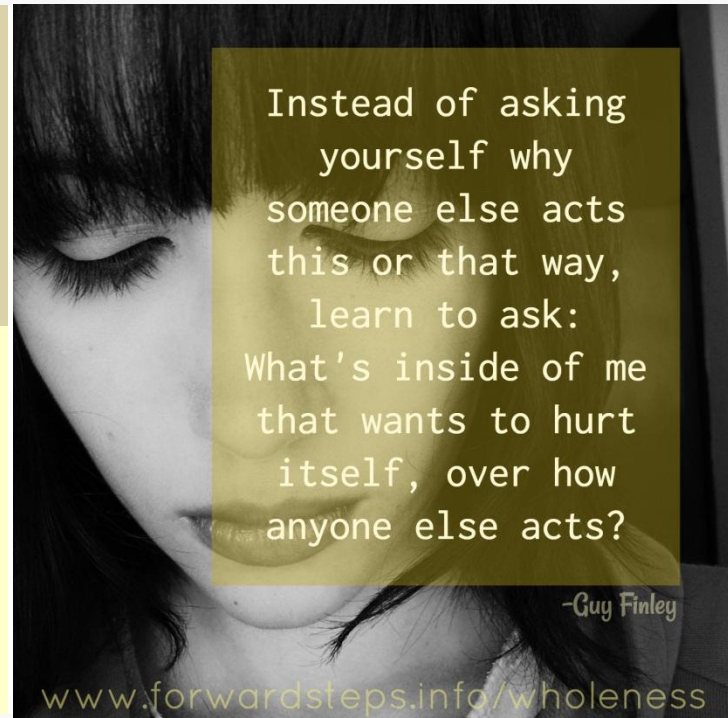
149.

What are you most proud of in your life?

150.

What are you naturally good at?

151. What are you tolerating that may be blocking your energy?
152. What are you waiting for?
153. What are you willing to do today that you have lately been unwilling to step into?
154. What are you willing to leave behind, to have what you want?
155. What are your "must do's" on which you could take action?
156. What are your three top reasons for developing new and empowering habits?



157.

What are your greatest strengths and how can you leverage those?

158.

What are your highest aspirations for your life?

159.

What are your highest priorities?

160.

What are your most effective and ineffective boundaries?



161.

What are your personal assets?

162.

What are your priorities in life?

163. What are your ten greatest gifts as a friend?

164. What areas of your life do you intend to change forever, today?

165. What beauty can you find in your environment today to lift your spirit?

166. What belief about yourself could you 'own' that will empower you today?

167. What can you do beginning from where you are right now?

168. What can you do on a daily basis to energize your goals?



*Ask for what
you want and
be prepared
to get it!*

-Maya Angelou

www.forwardstepsblog.com

169.

What can you do to completely erase the petty things that are bothering you?

170.

What can you do today to be more fulfilled in your life?

171.

What can you see about any setbacks, which may actually benefit you?

172.

What closed door keeps your focus away from what you want?

173.

What could be your single focus today?

174.

What could you choose to believe to consistently accomplish your goals?

Some beautiful
paths can't be
discovered without
getting lost.

-Erol Ozan

WWW.FORWARDSTEPSBLOG.COM

175.

What could you create today?

176.

What could you delegate to others to free up your time?

177.

What could you distinguish as unique about you?

178.

What could you do more of?

179.

What could you do to build your 'courage muscle' today?

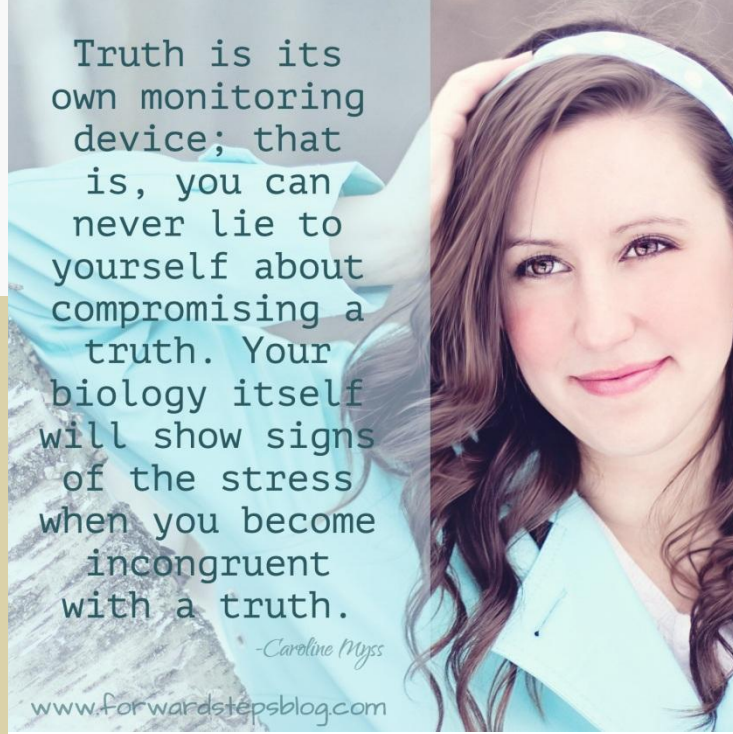
180.

What could you do to expand your CQ (creativity quotient)?

Truth is its own monitoring device; that is, you can never lie to yourself about compromising a truth. Your biology itself will show signs of the stress when you become incongruent with a truth.

-Caroline Myss

www.forwardstepsblog.com



181.

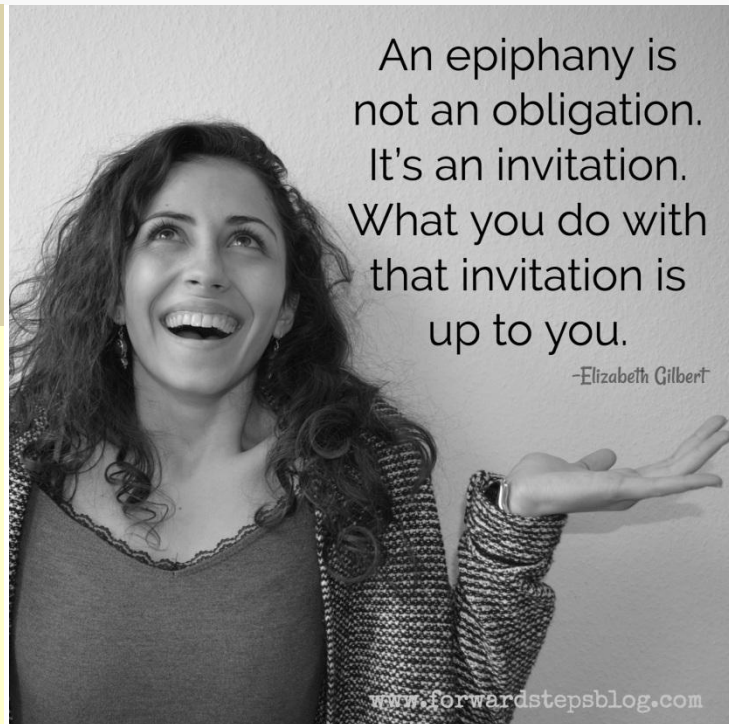
What could you do to expand your creativity or that of another person?

182.

What could you do to remain in the present moment more often?

183.

What could you do today to make a difference to your finances?



184.

What could you give to your global family, today?

185.

What could you spend more time on to master?

186.

What could you receive and accept yet not first feel that you 'deserve' it?

187.

What could you tidy up today?

188.

What courageous thing will you do today?

189.

What did you deposit
into your future today?

*Like good ol' multiple
choice exam questions...*

190.

What did you learn
today that could
empower you in future?

You can often
arrive at
what is right,
by knowing
what is wrong!

www.forwardstepsblog.com

191.

What do you allow to damage your mind and body each day?
What new habits could transform that for you?

192.

What do you already "know for certain" that is preventing you from
expanding?

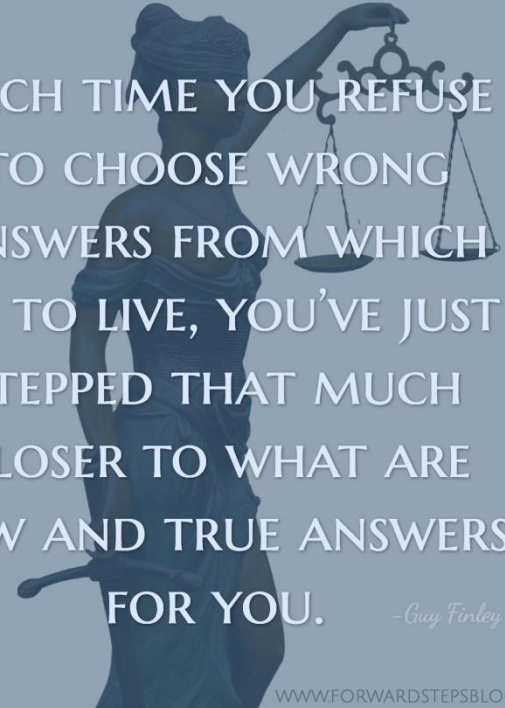
193. What do you already know that assures you will be successful?

194. What do you believe is keeping you in your current life situation?

195. What do you believe is possible for you to create?

196. What do you believe must change for you to have more success?

197. What do you believe, needs to happen before you can have the relationship of your dreams? Are you right?



EACH TIME YOU REFUSE
TO CHOOSE WRONG
ANSWERS FROM WHICH
TO TO LIVE, YOU'VE JUST
STEPPED THAT MUCH
CLOSER TO WHAT ARE
NEW AND TRUE ANSWERS
FOR YOU.

- Guy Finley

WWW.FORWARDSTEPSBLOG.COM

198. What do you desire the most in your life?

199. What do you do each day to create your vision of your future?

200. What do you do that gives you your greatest feelings of self-esteem?

201. What do you do to raise yourself up when you feel like quitting?

202. What do you exalt or tolerate, that you could turn up or down a notch?

203. What do you expect; in life, work, relationships, health etc.?

204. What do you feel good about in your life?



*If you could
share one
piece of advice
with a child...*

What would that be?

WWW.FORWARDSTEPSBLOG.COM

205.

What do you have in place each day, as a habit that keeps you motivated?

WHEN PEOPLE SAY:

"What should I do with my life?"
or "What is my life purpose?"

What they're actually asking is...

WHAT CAN I DO WITH MY
TIME THAT IS IMPORTANT

-Mark Manson

WWW.FORWARDSTEPSBLOG.COM

206.

What do you know to do now, to not live with regret in your future?

207.

What do you love most about your life, right now?

208.

What do you love to do?

209.

What do you need to be doing now?

210.

What do you need to change, to keep up with change?

211.

What do you need to give to yourself so that you can give more to others?

212.

What do you need to 'know' next?

213.

What do you not see that is already surrounding you?

It's entirely possible
that behind the
perception of our
senses, worlds are
hidden of which
we are unaware.

Albert Einstein

www.forwardstepsblog.com

214.

What do you use, to keep your mind focused where you want it focused?

215.

What do you value most in life?

216.

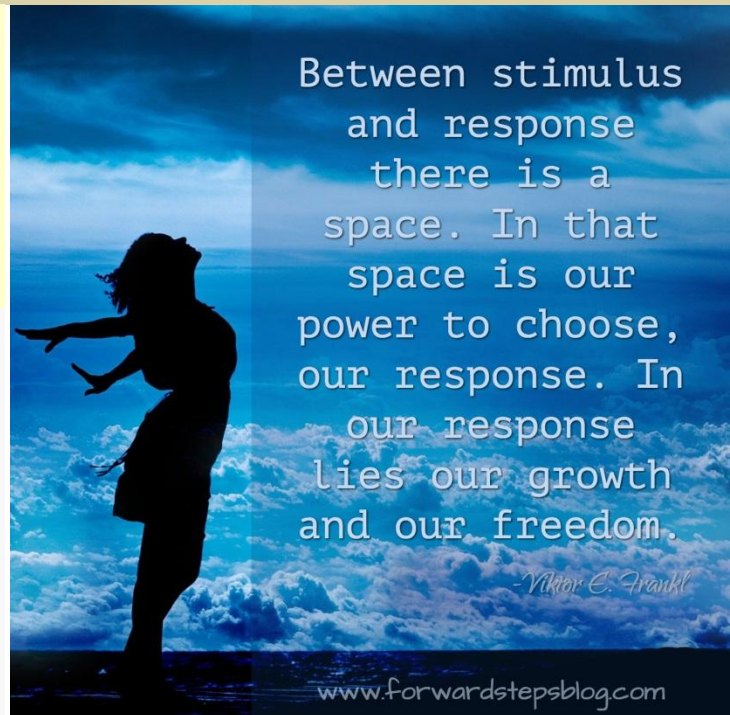
What do you want to accomplish with your life?

217. What do you want to be spending more time on?

218. What do you want to change in your environment?

219. What do you work hard at not feeling?

220. What does successful friendship look like to you?



221. What does your ideal life look, sound, and feel like?

222. What empowering meaning could you attach to failure?

223.

What future do you want to create?

224.

What gets you to perform at your peak ability?

225.

What gift do you bring to the world that you could give away?

226.

What great information
do you allow to enter
your mind each day?

227.

What habit could you
replace with a better
habit?

228.

What habits or actions would you change when you become
conscious of their most likely consequences?

Question:

What was
your last,
truly original
thought?

www.forwardsteps.info/quantumshift

- | | |
|------|--|
| 229. | What happens to your goals after you create them? |
| 230. | What has stopped you in the past from moving forward? |
| 231. | What has to happen for you to get what you want? |
| 232. | What has to shift in you to become the person you most desire to be? |
| 233. | What has worked for you when setting goals? |
| 234. | What have you created about which you could get excited in life? |

Question:

**What do you
want to
change about
your thinking?**

www.forwardsteps.info/powerquestions

235.

What have you decided recently that is producing your current reality?

236.

What have you decided to achieve, yet you have not yet taken action?

237.

What have you given today?

238.

What have you given up on that you could restart?

239.

What have you let stand in the way of your fun?

240.

What holds you back from experiencing success, if it is not perfectionism?

Question:

Will your choices propel you toward an inspiring future or will they keep you stuck in the past?

www.forwardstepsblog.com

241.

What in your life, could you "streamline" to be more efficient and effective?

242.

What in your life excites you the most?

Question:

What things are you committed to avoid doing or to avoid having?

www.forwardstepsblog.com

243.

What is "perfect rest and relaxation" for you?

244.

What is a courageous decision on which you could follow-through today?

245.

What is funny about the way you live your life?

246.

What is it costing you to keep clutter in your life?

247.

What is it that you believe to be "impossible"?

248.

What is it that you say, "you must" do today?

249.

What is it that you will
do today?

Question:

What fears
have stopped
you from
succeeding to
date?

250.

What can you do today
to improve your life
forever?

www.forwardsteps.info/powerquestions

251.

What is it that you have a burning desire to achieve?

252.

What is limiting your life?

253. What is mostly on your mind, which you will certainly manifest?
254. What is perfect about where you are in your life right now?
255. What is perfect about you and your life right now?
256. What is ruling your life?
257. What is showing up in your life that is a reflection of your expectations?
258. What is something you could get done that you know needs doing?

Question:

In what way is
your friendship
a gift to the
lives of others?

www.forwardstepsblog.com

259.	What is the best use of your time, right now?
260.	What is the best way to maximize your energy level?
261.	What is the big step that you keep not taking and would like to take?
262.	What is the biggest challenge that you are facing?
263.	What is the dominant emotion that you live with each day?
264.	What is the immense sea for which you long? Alternatively, do you still spend your days working on tasks?



265.

What is the most meaningful experience you have ever had?

Question:

What do you want to get out of life?

www.forwardsteps.info/powerquestions

266.

What is the next personal challenge you will set for yourself?

267.

What is the next step in your evolution?

268.

What is the subject of your predominant focus these days?

269.

What is your created and declared purpose, for your years of life?

270.

What is your dream for the rest of your life?

271. What is your most effective time usage strategy?

272. What is your next step to creating what you want?

273. What is your personal definition of success?

Question:

WHAT IS THE MOST IMPORTANT GOAL THAT YOU HAVE SET AND COMPLETED?

www.forwardsteps.info/powerquestions

274. What is your blueprint or plan for your personal development?

275. What is your quest in life?

276. What is your response to fear and could you change that?

277.

What is your theme for this year?

278.

What is your typical behaviour to unexpected situations?

279.

What is your wealth vision?

Question:

If you could have anything at all, what would it be?

280.

What keeps you going during times, at which success does not show up?

www.forwardstepsblog.com

281.

What kinds of thoughts do you dwell on most?

282.

.What memories will you create today for your tomorrows?

283.

What will you learn today because you chose to listen without judgement?

284.

What neat trick will you put in place to increase your time effectiveness?

285.

What new, empowering interpretation could you give a negative thought?

286.

What belief will you take on to speed up your decision-making processes?

Question:

What healthy habits are empowering your life?

287.

What new boundaries are you willing to set and live by?

www.forwardstepsblog.com

288.

What new desirable habits have you recently formed?

- | | |
|------|--|
| 289. | What new habits are you committed to developing? |
| 290. | What newfound evidence to dispel an old belief, are you willing to accept? |
| 291. | What no longer makes you feel fear and can now bring you a smile? |
| 292. | What non-negotiable decision are you willing to make and stick to? |

293.	What old, habitual paths do you keep walking?
------	---

294.	What one belief could you change, right now?
------	--

Question:

In what areas
of your life
have you let
yourself down?

www.forwardsteps.info/powerquestions

Question:

*What takes you
down when life
is going great?*

www.forwardstepsblog.com

295.

What one habit could you replace with another and practise using it?

296.

What one special thing could you do for a friend and yourself?

297.

What part of your life have you sacrificed by not telling yourself the truth?

298.

What perceived dangers are you avoiding?

299.

What positive contributions do you make through your work?

300.

What practice do you have in place to manage your thoughts consistently?

301. What price do you pay for negative feelings?

302. What progress will you make today?

303. What promises have you made to yourself?

304. What provokes the production of your brain clouds?

305. What qualities do you search for in potential relationships?

306. What questions do you regularly ask yourself?

Question:

What is
limiting
your life?

www.forwardsteps.info/powerquestions

- | | |
|------|--|
| 307. | What really matters most to you about your friendships? |
| 308. | What really matters to you? |
| 309. | What self-care do you know you need to include in your life? |
| 310. | What specific and critical action will you take toward achieving a goal? |
| 311. | What strategies could you use to adjust faulty thinking? |
| 312. | What strategies do you use to stay positive? |

Question:

*What new belief
could create a new
destiny for you?*

www.forwardsteps.info/powerquestions

313. What strengths do others perceive in you?

314. What can take you down when life is going great?

315. What task could you break down into 'bite size' chunks and start?

316. What things do you believe as truth, which in fact is not?

317. What things do you daydream about doing?

318. What thought patterns prevent you from creating the life you want?

Question:

*What will you
do today to
prepare yourself
for success?*

www.forwardsteps.info/powerquestions

319. What thought provoking question could you ask yourself today?

320. What thoughts could you replace to increase your state of happiness?

321. What thoughts strengthen you?

322. What thoughts weaken you?

323. What triggers your positive emotions?

324. What value do you bring to the market place?

Question:

What determines
the quality of
your life?

www.forwardsteps.info/powerquestions

325.

What vision do you hold,
yet you have not taken
the smallest of actions?

Question:

*In what ways have you
rejected yourself, now
and in the past?*

326.

What will bring you
permanent victory in
whatever area you
choose?

www.forwardsteps.info/powerquestions

327.

What will keep you on target?

328.

What will keep you 'walking' when you want to turn back and quit?

329.

What will you do to step up, and improve yourself or your
surrounds?

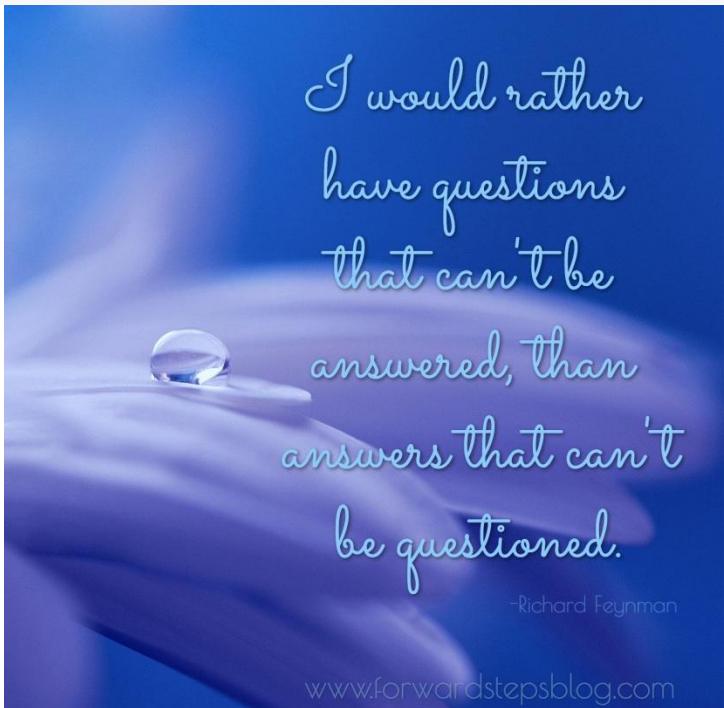
330.

What will you do, to the advantage of another person or group,
today?

331. What will you realize when you have accomplished your goals?

332. What will your legacy be?

333. What would ease your worries, and what will you do about it?



*I would rather
have questions
that can't be
answered, than
answers that can't
be questioned.*

-Richard Feynman

www.forwardstepsblog.com

334. What would it take, for you to be 'comfortable in your own skin'?

335. What would it take, for you to forgive yourself for past mistakes?

336. What would it take, for you to increase your desire for success?

337. What would it take to trust yourself to succeed?

338. What would you like to be feeling and how will you create that?

339. What would you like to be thinking and feeling?

Question:

In which specific areas of your life are you committed to setting goals?

340. What would you like to change or improve?

www.forwardstepsblog.com

341. What would your ideal life look like?

342. If a goal is scary, could you create a large vision to encompass the goal?

343.

When is the last time you really had fun?

344.

When did you last really look, at where you spend most of your time?

345.

When was the last time you took a risk?

346.

When was the last time
you took time to simply
"be still"?

Question:

What are you
committed to
starting or
stopping?

347.

When you feel
successful, what shows
up in your life?

www.forwardsteps.info/powerquestions

348.

Where are you giving away your time and stealing from your dreams?

349.

In your life, where are you going and whom are you taking with you?

350.

Will you take 100% responsibility for an area in which you say you failed?

351.

Where does your power come from?

352.

Where could your greatest thinking take you?

353.

Which values sustain you when things get a little rough?

354.

Who and what are you listening to?

Question:

What do you need to think about differently to have the life you desire?

www.forwardsteps.info/powerquestions

355.

Who are you, which you
do not need to tell
people you are?

Question:

What would you
like to be thinking
and feeling?

www.forwardstepsblog.com

357.

With what have you stood still or slowed down?

358.

With what project will you follow through to the end, no matter
what?

359.

With who are you spending most of your time?

360.

With who could you be spending more/less time?

361.

With whom could you make a difference today?

362.

With what will you be courageous today?

363.

Where will you fine-tune your use of time in the next 12 hours?

Question:



What is the key
to unleashing
your greatness?

www.forwardsteps.info/powerquestions

364.

Which three of your flaws, could you now perceive as gifts?

365.

What changes will you make to live your own life?



I hope you enjoyed the book and will make good use of its 365 life power questions.

For more self-improvement resources, explore the many free tools at...

www.forwardsteps.info/selfhelpgifts

If you used these 365 life power questions, then can you even begin to imagine, how 2,843 actions, options, inspirations, tasks, and thoughts could transform your life if you took up each of them, over the course of a full year?

Find out more about that at...

www.forwardsteps.info/timeformylife

Have all 365 Forward Steps Notes sent to you each day...

www.forwardsteps.info/lifepowernotes

When sharing this 365 Forward Steps book send visitors to...

www.forwardsteps.info/365powerquestions

Namaste,

Thea ♡