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Hi and welcome to the 50 power questions. Now I recommend that you set aside at least 30 minutes a piece. Uh, and so that's a total of 90 minutes to even two, two and a half hours if you can, because whatever you put into this exercise is what you'll get out. And if you start filling the text boxes with three word responses, you're just not going to get what you need from the exercise because this information is for you. When you hit the submit form button at the bottom of each set of questions, you'll be sent the email with your responses and it's then a great opportunity for you to sit down with your responses and just reflect and also review and work out your next phases of what your going to take on in your life. So, having said that, at the top of the first set of questions too, there's a pdf file of all of these 50 questions.

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So if you'd like one of those and there's a link inside the pdf as well, back to this particular page. So if you'd like to forward it to your friends, just share that pdf file with them or share the link to this page. And then before we move on, yes, make sure the room is quiet, that you're not going to get interruptions and that this is really an opportunity to spend some time with yourself. We don't often make time for that and that's why I created this page so that you can actually check in with yourself, get in touch with those gut instincts. And um, with each question, I do recommend also putting down the first thing that comes to mind. Um, there's no mistakes here. You can't make a mistake. This is your life. So just pop down the first responses that come to mind.

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So firstly, um, what would you love to do or accomplish before you die if he wants some help with that grant has a great list. You can go to my website [@forwardstepsblog.com](http://@forwardstepsblog.com) and there's a button there titled Ideas and there's a list of a hundred things to do before you die. So if you're stumped, you can always go to that. And also at my website, I have a button there for um, 600 and something goals that you could also click on. And perhaps that will also give you some ideas. So, the other thing you could do is list everything that you don't want to do and don't want to have for the rest of your life and then turn those into an affirmative statement. So there are things that you might want to create. Another thing that may give you an idea is to sit back and imagine you're 86 years old and looking back over your life and listing the things that you're really proud of.

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So use your imagination here. This is an imaginative exercise. One of the things you really proud of, what are the things you're glad you participated in, you know, what are your regrets? And that sort of exercise might give you some clues as well. Now question number two, if you to begin to achieve those or that one thing, if you've only listed one, what's the first change that you would start to make? Whatever popped into your head, then that's the one to write down. Number three, what would you need to include more of in your life? And number four, what would you have needed to have less of in your life? And again, this relates to question number one. So once you say what it is that you'd like to create in your life, now you need to start looking at what you need to increase and decrease as part of daily routines and practices and activities, or even the people in your life or the time that you spend on particular activities.

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Number five, rewrite that goal from question one so that it's a moving towards something rather than a moving away from something. For example, if you said, I don't want my job anymore, then look, you just might cause that and you could end up on unemployment benefits or something. And I don't think that's what you want. So make sure that you pop your goal into a statement that's in the affirmative, something that you do want, something that's moving towards something rather than something you tried to get away from. Number six, what is your personal definition of success? And the capital letters for the word "your" are no accident. We're looking for "your" personal definition. Just because someone else says \$50 million would be great to have in your life doesn't mean it's a something that would, uh, you would consider success. It may be an ideal relationship with your son or daughter.

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That might be one of your criteria. So make sure that these are yours, not someone else's. And just again, check in with that little gut instinct that says, oh no, this is something that mum or dad thinks would be great for me. Number seven, if you had to guess your life purpose, what would it be? Yep. Again, that thought that just popped into your head just then, and that's the one to put down. If you're still stumped and you lost that idea and you're just there now gone into "head mode" and you just can't think with your heart on this one and maybe it's time to turn on some really great music, your favorite dancing piece, the one that really gets you going and start dancing to it and see if you can start singing the life purpose and see what comes out.

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Get out of the headspace and move into the heart space. Keep a note pad beside you as you're dancing to this music and really get into it and relax. Don't try and think life purpose if you can. And then if something comes to mind, you know as you're writing it down and write it down on that piece of paper that you've kept beside you. See if you can release a, your body and just get out of the head in doing that exercise. Now, number eight, and what daily habits could you replace with a better daily habit? So the place to start might be to list some of the carrot habits that you have in life. These are regular practices that are, that are fairly automatic, like brushing your teeth and all those things. Now, so what is it? Have a look at, the ones that are currently in your life and then go through each one and see if there's something that you could replace it with that, with, just take it up a notch.

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Number nine, what would a massive action look like for you now by massive action, I don't necessarily mean a huge action like skydiving or anything like that or throwing a party for 500,000 people. By massive, I mean it, it's a high leverage action. It would actually, give you a goal, like take your goal into a quantum leap. It could be as simple as a phone call and as you can see, a phone call is not a massive act. Large action. It's not huge. It's quite a small one. It's about dialling a couple of numbers and then speaking however, it might be massive for you because it could actually take your goal, you know, from zero to hero in about six seconds flat. Something that could take six years with one phone call, you know, could be reduced down to one day. So take a look at your goal and see what a massive action would look like for you.

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Number 10, what action would you take if you knew you couldn't possibly fail? And I know you've seen that question before. It's a very commonly used question. However it, have you ever really set still it was still with it and try to answer it because it's a very powerful question. So this is the time to do that. Number 11, what has worked for you when accomplishing past personal goals? There's a key here. When you look at anything else you've accomplished in your past, you might've done a university degree, you might've cleaned out the spare room and prepared it for guests and you know, take, had a garage sale or things like that. When you look at any of your past goals, there'll be some common elements in all goal setting and accomplishing that is transferable from one goal to another. So have a look at, just pick one and take a look at some of the common elements that you could actually transfer to this current goal.

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So what's worked for you and you know, everyone will have their own unique thing. Sometimes it might be, yep, I had a buddy calling me every hour on the hour as I was cleaning that spare room and we had a lot of fun that day, you know, creating what was next for the next hour, that kind of thing. So if that kind of accountability works for you, then that's a transferable for any other goals that you want to put in place, you might, by then, want to put in a structure of accountability for all of your goals. Number 12, what can you say about any past set backs which may actually benefit you or have benefited you? And you might look back on your life and have not forgiven for certain things that you consider to be mistakes. And I know that you've experienced in the past where things like that have happened and a couple of years later you've thought, thank goodness I didn't do that, or thank goodness I didn't step into that space or take that on board.

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So now take a look back at your past and see if there's anything there for which for which you haven't forgiven yourself or for which you're still blaming yourself or what you still think is wrong and see how to put on some rose colored glasses, give a Pollyanna view to it and see if you can give it a more positive slant. So see how it could actually have benefited you or be benefitting you right now to have experienced that setback. Number 13 what are you tolerating or putting up with at the Forward Steps website? There is under coaching tools, there's a button there titled Explore I think, and it has about 1,001 tolerations there that might help you in answering this question. If there's anything, and mind you, you might already have, you know, quite a long list up your sleeve without going there.

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Number 14 what will you do to completely erase those petty things that are bothering you? So if you go back to question 13 now, look and see if there's an action you can take for each one to start to eliminate them and take them and remove them from your life. 15, for what will you take 100% responsibility from now? If you're still waiting for that lotto win or you're still waiting for the knight in shining armor to save you, not a problem, you're welcome to do that. However, what is it that you're going to take 100% responsibility from now? The universe loves people who take accountability and start taking the action steps towards what it is they want and rewards that. So you need to begin taking

responsibility and stop the waiting game. So see what it is that you're willing to take on and promise yourself from today.

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Number 16, if you were your own coach, if you were made, and what coaching would you give yourself right now? What is it that I'd be telling you right now about your goals that you've outlined here? And the last question, just to round off this particular segment, what did you learn in this segment of the questions and what's your next forward step? Notice that this is a two part question. Please answer both parts for yourself, okay. Because the second one is vital as well, and in fact, it's probably the most important bit, but definitely see, tune in and see if there's anything that you picked out that you went, Aha, I never saw that before, and drop it into that box. Okay. Then hit the submit form button. When you've done that, make sure your name and email or in the top two boxes before you do that or there'll be nowhere to send the form and I'll see you for the next section, questions 17 to 33.