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Five Questions To Understand Yourself Better—And Find More Success And Happiness In Life



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Finding contentment and success in life is usually hindered by a lack of understanding and clarity of what matters to you, and how to adjust and live accordingly. Many times, people classify their life into two parts: work life and personal life. But in reality, they are one and the same: your one life.

Sounds a little philosophical, I know. But it's 100% true. Your life i



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It's really hard to find
contentment and success in life
if you don't know what really
matters to you.

In all areas of life...



Most people split their life
into two parts - work life and
personal life.

But really they are the same
thing. Your ONE life.

When one is distressed, the
two become unbalanced.



Your life is made up of many
more facets:

- Relationships
- Productivity
- Career
- Money
- Health
- Time
- Love

And many more...



In my experience, people who are tuned in and able to find balance across all the different categories are the happiest, most fulfilled and often the most successful.

So what stops us?



Well, people get stuck.

Either they get used to a routine and don't even notice it's not fulfilling them until it's too late,

Or they're worried they'll fail if they make any attempt to do something new.



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Or they're worried they'll fail if they make any attempt to do something new.



And this doesn't just apply to careers. People get stuck in relationships, bad business deals, you name it.

When you're in a rut, it's time to reassess your life. All of it!



Here are 5 questions you can ask yourself to get a better understanding of what you want, what your values are and whether you are living your best life:



1. What do I have in my life right now that I want to keep?



2. What do I have in my life right now that I want to quite/change/improve?



3. What do I have in my life right now that I want to release? (for example, the pressure to be perfect or self-imposed anxiety)



4. What do I love?



5. What is most important to
me?



Taking the time to understand what makes you tick, what excites you and what does nothing for you at all is one of the most valuable things you can do for yourself.

It will help you work out what your personal values are.



These are the fundamental beliefs that govern your life, your decisions and inspire you to act.

They are your compass for navigating the world.



It might look something like
this:

- Compassion
- Health
- Creativity
- Loyalty
- Beauty
- Gratitude
- Love
- Success
- Connection
- Freedom
- Etc.



For instance, someone who puts more value on creativity than connection might forgo coffee with a friend to stay and home and paint/write.

Finding clarity on what is important to you and validating your personal values are two critical steps in taking a transformational step forward in life.



This is an exercise which is worth its weight in gold and for best results you might want to consider doing it with a life coach.

It will help you find more contentment, productivity and success in all aspects of your life.



Hello, Bonjour,
Hola I am Julien

I am working in partnership
with ambitious professionals to
achieve three outcomes:

- Career Breakthroughs
- Productive & Creative Work
Processes
- Building a Sustainable &
Meaningful Lifestyle



I am also a Forbes Coaches
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