

7 Powerful Questions to Transform Your Life:

(Right Now)

**1. Who brings out the best in me?
Can I schedule more time with them?**

It's a cliché, but the people you surround yourself with **shape who you become.** Identify your A-list friends and put them in your calendar more often.

2. Are my actions aligned with what I want in life, or just what others expect of me?

Family, friends, society. The pressures around you can suffocate your individuality and make you lose sight of what you truly want out of life.

3. If I keep the same habits I have now—in 5 years will my life be better or worse?

Habits compound over time—good and bad.
Are you making smart habit investments?
Or digging yourself into a hole?

4. Which areas of my life would benefit the most from setting stronger boundaries?

One of the healthiest things you can do is set strong boundaries. If you don't know where to start, look to the areas of your life that feel the most out of control.

5. What small action can I take today that will have a lasting impact on my future?

Hire a coach. Sign up for a class. Apply for a job.

What action could you take in the next 30 minutes that would change the trajectory you're on?

6. Which career path would I enjoy, make good money, AND have an impact on the world?

Some might call it your **Ikigai**, some might call it your passion. All I know is it's something worth sitting down and thinking about once in a while.

7. What am I willing to sacrifice in order to reach my goals?

You can do anything—but you can't do everything.

Rather than thinking about more goals to add, consider what you must sacrifice to reach the ones you already have.

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