

What are you holding back? Time to dig deep!!

What are you most afraid of?

How would you describe love?

What is something you hide about your personality?

What is the most difficult thing you've had to do?

What would you attempt to do if you knew you could not fail?

"Great things never came from comfort zones!"

SAY YES TO YOU

What is your happiest moment in your childhood?

What is the saddest moment in your childhood?

Have you ever had a traumatic event happen?

Have you ever lost a friendship?

If you could ask one person one question who would it be and what would you ask?

"If you want a change, take action!"

SAY YES TO YOU

What is the saddest moment you can think of?

What are your parents best/worst qualities?

Which parent are you closer to?

What was the most challenging time in your life?

What is your biggest fear?

"Let go of the past, to create your future!"

What makes you feel accomplished?

How do you feel about money? Do you feel guilty wanting more money? Do you find it challenging to spend money?

Would you consider yourself a good friend?

If a genie could grant you 3 wishes what would they be?

What do you think about when you are all by yourself?

"Change the way you think!"

What is your biggest regret in life?

What is on your bucket list?

Are you religious or spiritual?

Homework Checklist

- Intro video watched for the lesson
- Read notes over for the lesson
- Continuing to do daily gratitude
- Making time for YOU
- Checked in daily in the Facebook group
- Remember how freaking **AWESOME** you are!

"I live for what I have not done yet!"