

# 30 Questions that will change your life



Kari  
Green

Being connected to self is the only way you can be sure to know  
you are living in alignment or not.

*This self reflection exercise  
will help you:*

- Connect with yourself and your inner wisdom
- Define what's important to you and help you make better, value based decisions in your life
- Deepen your connection to your purpose and what drives you
- Find more sources of joy and happiness in life and your day to day

*From Kari:*

I can't wait for you. I am SO excited you followed the nudge to download this document and start connecting with and exploring a deeper level of yourself. The stuff that lies below the surface, whether good, bad or ugly can either help us become the best version of ourselves and live the life we dream of, or it can prevent it.

It's up to you to decide what you do with the information we uncover in these questions, but I fully believe you can use your answers to create a road map to your best life. It's like we're on a treasure hunt and the answers to your questions will be your clues :D

I just want to preface by saying it is so important to give yourself grace, compassion, TIME and understanding while you're answering these questions. Don't judge, just write. See what comes up and sit with that information, digging deeper if you can. Journal away with these prompts and I guarantee you will come to some places in your mind you haven't yet before and you will find you have small turnarounds in your mood, attitude and you may even change the direction of your day (maybe even your whole life!)

I am hoping you will notice more and more that beauty exists all around you and you discover the beauty within you. These questions will help you get there.

*Much Love. K.G*

# Self Reflection

1. Who was I ten years ago, who am I now and how have I grown?

2. What things made me light up as a child and brought me joy that I don't do as much anymore?

3. When I was younger, what did I hope my life would look like and how is my life like that now?

4. In what ways could my life be improved?

5. What does my ideal day look like? (Describe from the minute you wake up until you go to sleep.)

6. What are my core values? (List as many as you can and then try to narrow it down to 5 Top Core Values.)

7. What brings me genuine JOY?

8. What are a few things I would put on a bucket list if I were to start one right now?

9. If time and money were no issue, how would I spend my time?

10. Who and what inspires me?

11. What makes me laugh?

12. What makes me cry?

13. What does my negative self talk say?

14. Is there anyone in my life I could forgive? Have I forgiven myself?

15. What does success mean to me? Not anyone else's version of success, MINE. What does it look like? What and who does it involve?

16. What would I like to spend more time doing over this next month, 3 months, year?

17. What qualities, skills and characteristics would support me in achieving my goals and dreams?

18. What is my love language? (If in a relationship: what is my partner's love language?)

19. How do I respond to (both positive and negative) feedback?

20. How do I currently show myself love and acceptance?

21. What self care practices do I need to spend more time on?

22. It is said that we are the accumulation of the 5 people we spend the most time with. Who are these people for me and what qualities could I expect to inherit by spending time with them?

23. If I could instantly become an expert in one thing, what would I choose? What courses could I take or books could I read that would help me get better at this skill/subject?

24. How do I want to feel on a day to day basis?

25. What am I grateful for in my life? Name everything you can.

26. What do I love about myself? List as many as possible!

27. What am I proud of myself for?

28. Who in my life leaves me feeling better, more positive, more seen etc. after being around them?

29. What do I need right now?

30. If I knew I couldn't fail, what would I do? What would I try?