

How to Have the Calm and Inner Peace You Really Want

Prompts for Clarity and Self-Discovery

1. Where are you in your life right now?
2. What do you want to accomplish by a year from today?
3. What is your biggest strength?
4. What area of your life is lacking?
5. What does failure mean to you?
6. What is your biggest dream?
7. What are 3 goals you want to achieve?
8. What do you feel is holding you back?
9. What does success mean to you?
10. How do you feel right now?
11. When brought you joy this week?
12. Write a letter to your younger self.
13. What is one thing you are proud of accomplishing?
14. If you could meet anyone, who would it be?
15. If you could be anyone, who would it be?
16. How have you changed in the last years?
17. Where do you want to be 5 years from now?
18. When you are alone, what do you do with your time?
19. How can you add value to those around you?
20. If you could spend the rest of your life doing one thing, what would it be?