

20 Questions To Ask Yourself

By Katrina J. Cummins, MEd

- 1) What kind of music would describe your personality?
- 2) What attracts people towards you?
- 3) When was the last time you laughed out loud?
- 4) What five character traits do you appreciate about yourself?
- 5) Where do you place your trust?
- 6) What energizes you and what drains you in life?
- 7) If money was no object, what would you do?
- 8) What are your personal truths that you can stand in everyday?
- 9) Do you step out in trust or fear in unknown situations?
- 10) In five words how would your friends describe you?
- 11) When was the last time that you did something special for yourself?
- 12) How could you listen better to those around you?
- 13) If you are a mom how did you show love to your children today?
- 14) What is weighing you down from the past that you need to be free from?
- 15) What lies do you believe about yourself?
- 16) How do you create balance in your life?
- 17) What part of your life story could encourage someone else?
- 18) What gives you meaning in life?
- 19) How do you live each day with intention and purpose?
- 20) How do you know that you are loved by God, no matter what?

Katrina J. Cummins MEd is a motivational speaker and writer, helping people to live each day with intention and purpose.

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