

Twenty self-help questions from the book “Change your Life in 7 Days” by Paul McKenna



Who or what in your life makes you happy ?

Who or what in your life makes you feel loved?

Who or what in your life are you passionate about?

What would you love to do that you would be willing to pay to do it?

What is your favorite passion?

What would you choose to do if you unlimited resources?

Who do you admire the most and why?

What did you want to do when you grow up?

What did you want to do once grown up?

What would you want to do if its success was guaranteed?

What would you like to happen in each one of these?

What would you like to learn?

Which skills would you like to master?

How much money would you like to earn?

Which aspect of your personality would you like to develop?

What would you like to bring to this world?

For me, the 5 most important things in the world are ...

If I could be, do, have everything in the world, I would be ...

What will be my life like once I am living my dream?

What are the important steps that I can set up to get closer to this dream?

