



REFLECTION QUESTIONS ON COMMITMENT

1) How committed are you to do/implement these changes 'right now'?

2) What is required to bring it to a 10?



3) What blocks you from being committed to your goals?

4) How do you keep on track?



5) What new habits will you need to develop in order to achieve your goal?



REFLECTION QUESTIONS ON ACKNOWLEDGEMENT

1) How good are you at celebrating your successes?

2) What have you learnt from the challenges in your life?



3) Have you been honest with yourself?



REFLECTION QUESTIONS ON CHOICE

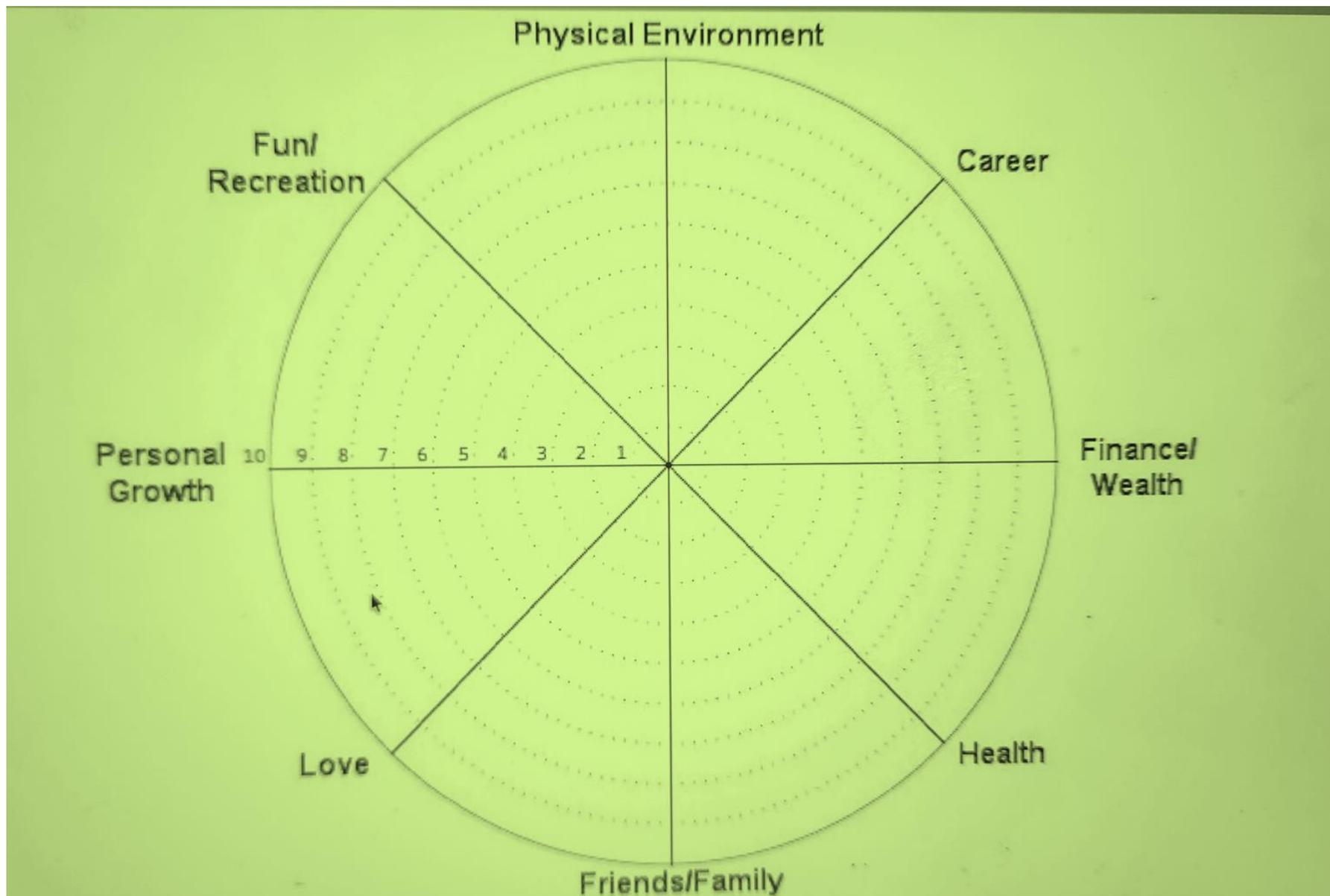
- 1) Are you consciously taking action and making decisions or are you mostly on 'auto-pilot' mode for most of the day?

- 2) Do you have a habit of planning your day/tasks?



3) Do you sometimes make decisions/choices that could sabotage your success?

4) What is the one/first decision you need to make now to begin moving closer to your goal?



Please use extra space if required



NOTES: