



REFLECTION QUESTIONS ON DESIRE

1) What would you really want if you weren't thinking about any decisions in the past, not what anybody expects from you, nor what others might say you should do.

What do you really want?

2) When you were a child, what did you imagine you would be when you grew up?



3) What can you learn about yourself looking at your younger self?

4) Make your dreams and visualisations clear to you.



REFLECTION QUESTIONS ON BELIEF

1) What do you believe could be stopping you from getting what you want?

2) Do you believe you have the right to achieve what you want?



3) Do you think you have the ability to achieve your goal?

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4) How do you help yourself to believe in yourself fully?

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5) Are there any beliefs from your society, culture, family, early upbringing that may be limiting your ability to reach your full potential?

6) What do you think other successful people believe?