

A look into your thoughts, something to reflect on and ask yourself, are you ready to access your feelings and upgrade/change aspects of your life?

How would you describe your current emotional state?

What brings you joy and fulfilment in life?

What are the biggest stressors or challenges you're facing right now?

Can you tell me about a recent situation that made you feel particularly anxious or overwhelmed?

How do you typically cope with difficult emotions or situations?

On a scale of 1 to 10, how satisfied are you with your life overall?

What are your top priorities or goals now?

How do you perceive yourself in terms of your strengths and weaknesses?

What do you believe is holding you back from reaching your full potential?

Are there any recurring thoughts or patterns of behaviour that trouble you?

How do you handle conflict or disagreement in your relationships?

Do you feel a sense of balance between your personal and professional life?

What role does self-care play in your daily routine?

Have you noticed any changes in your sleep patterns or appetite recently?

How would you describe your support network (family, friends, etc.)?

What activities or hobbies do you engage in that bring you peace or relaxation?

Can you pinpoint any specific fears or phobias that impact your daily life?

How do you define success, and do you feel you've achieved it?

Are there any unresolved issues from your past that continue to affect you?

How would you describe your relationship with yourself?

What does a typical day look like for you, from morning until night?

How do you feel about your current level of confidence and self-esteem?

What motivates you to keep moving forward, even during challenging times?

Are there any habits or behaviours you'd like to change or improve?

Do you feel like you're living in alignment with your values and beliefs?

What does "happiness" mean to you, and do you feel you're experiencing it?

How do you handle setbacks or failures when they occur?

Have you experienced any significant life transitions recently?

Are there any recurring dreams or nightmares you've been having?

If you could change one thing about your life right now, what would it be?