

THOUGHTFUL QUESTIONS

TO ASK YOURSELF

Questioning yourself or others is a part of the learning process, and a perfect answer might not always be important. There could be many questions you might want to ask yourself to sort your thoughts or bring your mind to peace.

10 questions to ask yourself

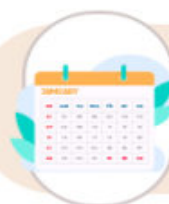
1

When was the last time you tried to do something fresh?



2

What could you accomplish now that you couldn't a year earlier?



3

Does crying indicate your strength or weakness?



4

If not now, then when?



5

What does joy mean to you right now?



6

Do you cling to anything you should let go of?



7

What encourages you to get out of bed every day?



8

Is it better to fail than to never try?



9

Is it worth your effort?



10

What is it about the future that concerns you?



Benefits of self-questioning



Help you to know yourself better

Help you to discover your motives, desires, and preferences in life



Help you feel happier and more relaxed

Help you understand your priorities



Make you more efficacious

Prevent you from repeating your mistakes

