

Life Important Questions

Consolidated by Keith To



Who are you?

What are you passionate about?

What are the achievements you are most proud of?

What are you most grateful for in life?

What are the most important things to you in life?

How would you describe yourself?

What are your values?

What do you represent?

Do you love yourself? Why or Why not?

How can you love yourself more today?

What is your ideal self?

Look at your life now. Are you living the life of your dreams?

If you have one year left to live, what would you do?

If you have one month left to live, what would you do?

If you have one week left to live, what would you do?

If you have one day left to live, what would you do?

If you have an hour left to live, what would you do?

If you have one minute left to live, what would you do?

What would you do today if there is no more tomorrow?

What are the biggest things you've learned in life to date?

What advice would you give to yourself 3 years ago?

If you are yourself 1 year from the future, how would you advise the you now?

Is there something you're still holding on to? Is it time to let it go?

What are you busy with today? Will this matter 1 year from now? 3 years? 5 years?

What opportunities are you looking for?

How can you create the opportunities you are looking for?

What are your biggest goals and dreams?

What's stopping you from pursuing your biggest goals? Why?
How can you overcome them?

If you are to do something for free for the rest of your life, what would you want to do?

What do you want to achieve 1 year from now?

What do you want to achieve 3 years from now?

What do you want to achieve 5 years from now?

What do you want to achieve 10 years from now?

Who are the people who have achieved similar goals as yours?

What can you learn from them?

Are you putting any parts of your life on hold? Why?

What's the top priority in your life right now? What are you doing about it?

If you were to die tomorrow, what would be your biggest regret? What can you do now to make sure that doesn't happen?

Do you love your job?

What is your ideal career? How can you start creating your ideal career starting today?

What is your ideal life? What can you do to start living your ideal life?

What would you want to say to yourself 1 year in the future?

What would you want to say to yourself 3 years in the future?

What would you want to say to yourself 5 years in the future?

What would you want to say to yourself 10 years in the future?

What do you fear most in life?

Is there anything you are running away from?

What limiting beliefs are you holding on to? Are they helping you achieve your goals? If not, is it time to let them go?

What empowering beliefs can you take on to help you achieve your goals?

What bad habits do you want to break?

What good habits do you want to cultivate?

What are the biggest actions you can take now to create the biggest results in your life?

Where are you living right now – the past, future or present?

Are you living your life to the fullest right now?

What is the meaning of life?

What is your purpose in life? Why do you exist? What is your mission?

How can you make your life more meaningful, starting today?

What drives you?

What are the times you are most inspired, most motivated, most charged up? What did you do during those times? How can you do more of that starting today?

How can you change someone's life for the better today?

Who are the 5 people you spend the most time with? Are these people enabling you or holding you back?

What qualities do you want to embody? Where can you meet people who embody these qualities?

Who inspire you the most?

Who is/are the most important person(s) to you in the world? Are you giving them the attention you want to give?

How can you spend more time with the most important person(s) to you starting today?

What kind of person do you enjoy spending time with?

Who do you want to be like in 1 year?

Who do you want to be like in 3 years?

Who do you want to be like in 5 years?

Who do you want to be like in 10 years?

Who are your mentors in life? (formal or informal)

What are you pretending not to know?

Why don't you do the things you know you should be doing?

In what ways are you being perceived, that you're not aware of?

What don't you know, that you don't know?

Are your "shoulds" getting in the way of your happiness?

If you achieved all of your life's goals how would you feel?
How can you feel that along the way?

If you weren't scared what would you do?

What can you do today to improve one important aspect of yours?

What do I need to spend more or less time doing going forward?

What did I do well?

What could I have done better?

How have I gotten closer to my life goals?

What was my biggest waste of time?

What made me feel fulfilled?

Am I truly happy in the job I am doing?

What can I do to make me more healthy?

What is the worst that can happen?

What is one thing you're going to do differently after starting asking yourself these important questions?