



### **1. The Rational Mind:**

- What are my core values and beliefs? How do they influence my decisions and actions?
- What are some recurring thoughts or patterns of thinking that I would like to examine more closely?
- How do I respond to challenges or setbacks? Are there any cognitive biases or distorted thinking patterns that affect my perspective?

### **2. The Emotional Self:**

- What are the predominant emotions I've been experiencing lately? How do they impact my daily life?
- Are there any unresolved emotional wounds or traumas that require attention or healing?
- How do I cultivate self-compassion and nurture a positive emotional state?

### **3. The Physical Body:**

- How do I take care of my physical well-being? Are there any habits or practices I can adopt to improve my health?
- How does my body communicate its needs and limitations? Am I listening to and honoring those signals?
- How do I feel about my body and its appearance? How can I develop a more positive relationship with my physical self?

### **4. The Social Self:**

- How do I interact with others? What qualities do I admire in my relationships, and what aspects do I find challenging?
- Are there any unresolved conflicts or misunderstandings that need to be addressed?
- How do I maintain boundaries and assert my needs in relationships?

### **5. The Spiritual Self:**

- What gives my life meaning and purpose? How can I align my actions with my values and sense of purpose?
- Are there any spiritual or philosophical beliefs I would like to explore further?
- How do I cultivate moments of stillness, reflection, or connection with something greater than myself?

**6. The Intellectual Curiosity:**

- What subjects or areas of knowledge am I genuinely interested in? How can I nurture my intellectual curiosity?
- Are there any books, podcasts, or educational resources that I've been meaning to explore? How can I make time for them?
- How can I incorporate lifelong learning into my daily routine?

**7. The Creative Expression:**

- What forms of creative expression bring me joy and fulfillment? How can I incorporate more of them into my life?
- Are there any creative projects or ideas I've been putting off? What steps can I take to bring them to fruition?
- How do I overcome creative blocks or self-doubt?

**8. The Inner Critic:**

- What self-limiting beliefs or negative self-talk do I often engage in? How can I challenge and reframe them?
- How can I cultivate self-acceptance and self-compassion in the face of perceived shortcomings or failures?
- What achievements or qualities am I proud of? How can I acknowledge and celebrate my successes?

**9. The Life Vision:**

- Where do I see myself in the next five or ten years? What steps can I take today to move towards that vision?
- What are my long-term goals and aspirations in various areas of life (career, relationships, personal growth)?
- How do I define success and fulfillment? What actions align with my definition of a meaningful life?