

The Morning Power Questions

We're going to discuss the importance of journaling in a later module, but for now, I want to share some questions that you can answer in your journal every morning. It will absolutely transform not only your morning, but your entire day! Give a copy of these questions to clients as well.

For each question, you need to come up with 2-3 answers.

1. What am I happy about in my life right now?

2. What am I excited about in my life right now?

3. What am I proud about in my life right now?

4. What am I grateful about in my life right now?

5. What am I enjoying most in my life right now?

6. What am I committed to in my life right now?

7. Who do I love? Who loves me?

If you find it difficult to come up with an answer to a question, then ask yourself "What could I be most happy/proud/excited about?"

So pause the video right now and answer those questions in your journal if you already have one, or on a blank sheet of paper if you don't.

Evening Power Questions

And if you want to take this even further, you can add the evening power questions as well.

1. In what ways have I been a giver today?

2. What did I learn today?

3. How can I use today as an investment in my future?

4. What am I grateful for?