

"ONE QUESTION A DAY"

March

1. My personal bucket list for this year is?
2. What's one thing in my life that I can not change and need to accept?
3. If my shoes could talk, where would they say they have taken me?
4. What do I do when I am alone that I wish people would know? **FPJ
5. If I was a super hero, what super power would I like to have?
6. What is one thing I am self concious about? I am right about it?
7. Name one thing I have done that I am proud of?
8. What's the one thing I have been focused on lately?
9. How am I feeling today?
10. What is one thing I feel is missing from my life right now?
11. One thing I should have not given up on? **FPJ
12. What good things is my inner voice trying to tell me?
13. What negative things is my inner voice telling me & I should not listen to?
14. Who is the one person in the world I like to meet? Why?
15. Two things that are hard for me to do, but I do them anyways?
16. How can I convince myself that I can do hard things?
17. If my child-self could talk to me today, what would he/she say?
18. Give myself 5 affirmations today- what are they?
19. What feelings do I need to get rid off to feel good today?
20. Where did I find positive inspiration today? remember and revisit.
21. What did I say "NO" to today
22. What negative thought did I push away today that made my day better?
23. What did I say "YES" to today?
24. If I could speak to one person that's gone from my life, what would I tell them?
25. What makes me a good friend?
26. What's one thing that's holding back right now?
27. What did I dream of last night? What thoughts did it evoke?
28. Where did I feel the presence of a higher power today?
29. What's one thing I learned about myself today?
30. What skill do I have, that I am thankful for?
31. What's my favorite quote? Write it here ,decorate the page & read it daily.

