

"ONE QUESTION A DAY"

October

NOW THAT I AM 50

1. When was the last time I laughed out loud? what made me laugh like that?
2. What has been on my mind lately keeping me up at night?
3. What do I think about when you look in the mirror?
4. What is one thing I am doing too much of?
5. What is one thing I am not doing enough of?
6. How do I handle a hard situation?
7. What are 3 things that come easy to me?
8. What are 3 things I have to work hard at?
9. What area in my life do I feel the worst about right now?
10. Why is sugar bad for my health? What do I know about this?
11. Why is it hard for me to make good choices about the foods I eat?
12. How can I do a self-check on my health right now?
13. I am OK with the way I feel physically right now? Is there something worrying me?
14. What have I noticed about my body lately?
15. What can I start doing now to help me age gracefully?
16. What does it mean to eat clean?
17. What health tests should I be having at my age?
18. How do I feel about meditation? What do I know about it?
19. I want to be the best at _____?
20. Why can't I make myself do this one thing _____?
21. What plans do I have for my retirement?
22. What will I focus on when I retire?
23. Am I comfortable with my retirement finances?
24. Is there someone or something draining my energy?
25. Is it difficult or easy for me to express my opinions to others?
26. What is one thing that I totally changed my mind about?
27. What is the one thing I need to overcome right now?
28. If I could freeze time, what age would I chose to stay in forever?
29. Do I have a hobby that will help engage my mind when I have retired?
30. Is it too early to start thinking and preparing for retirement?
31. How has this writing exercise helped me?

