



Reflection Questions Companion Guide

This Companion Guide will help you to dive deeper as you continue the process of working with these reflection questions. Within this guide, you will see each of the 30 questions and a few extra notes about what else to consider when answering them.

We have indicated their categories which will also help you discover if there is an area where you feel challenged. Sometimes one area of our lives can affect other areas that we may not realise. Taking the time to dwell deeper and being more introspective can give you a chance to start building the life you want.

Join us on this journey and continue to ask yourself what you want and thus create a life of abundance.

Your biggest cheerleaders,
Marigold Yogurt

Reflection Questions

Companion Guide

What is something that you've done in the past that you wish you could redo?

Answering this question will help you think about regrettable moments, or perhaps memories that will stir up thoughts of dissatisfaction. After answering this, then ask yourself, did I do the best in this situation? Why am I still holding on to this moment? How has my life been affected since?

 *Past*

What are you holding on to that you need to let go of?

Life will never be a straight road, there will be bumps and turns and sometimes roadblocks that prevent us from moving forward. Ask yourself, why you hold on? What emotions come to surface when you're asked of this question?

 *Personal*

What would you change about your life?

A forward-thinking question about how you look at your current situation in preparation for your future self. Are you content with what you have? If you want more, what does more look like? What do you feel is interchangeable in your life?

 *Future*

What small act of kindness were you once shown that you will never forget?

Compassion is a great place to start when you want to get started on a gratitude journal. This allows us to enter in a frame of mind with more humility and look at kindness from a different perspective. Receiving kindness will always touch us in ways we never expected.

 *Past*

What is a defining moment in your life so far?

There are certain moments in our lives that shift our course and direction. What moment can you appreciate? How does it make you feel? What would you be doing instead?

 *Present*

Reflection Questions

Companion Guide

What does finding your happy mean to you?

As we mature through the years, happiness begins to fall from the level of importance as the surmounting parts of our life are prioritized. Take the time to look within and think about what used to make you happy? How did you feel then and why did that bring you joy?

 *Personal*

What have you done to be kind to yourself this year?

It's normal to put ourselves last. This question is a gentle reminder about self-care and how indulging in yourself can be restorative.

 *Past*

What is one moment that you wish you could rewind and replay 100 times?

The answer to this question is very revealing of what you hold close to you. Think about how these memories affect you and why you hold on to them. Do they still affect you today?

 *Past*

How has your family shaped who you have become?

We are highly influenced by our families especially our parents. They are our first examples of life, through speech, inherent values and beliefs. Extract what comes from them and seek out what comes from you.

 *Environment*

How would you describe yourself to a stranger?

Think about what you'd say about yourself. Think about what you would censor and what you would share. Do you self-censor the things you like and dislike about yourself?

 *Present*

Reflection Questions

Companion Guide

Are you in the job or on the career path that is truly right for you?

We spend more than 60% of our lives at work, as much as we don't want to think about work, it is also a major source of influence. Are you passionate about your job or career path? Does it give you a sense of purpose? Do the hours just melt away because you love what you do? If it doesn't, what does?

 *Environment*

What is one thing you wish you did this year but didn't because you were afraid?

Taking risks can be daunting. This question helps you think about what kind of leaps forward you wanted to make and allows you to reflect deeper on your obstacles and timing. What were you waiting for? Where did the fear come from? What did your gut say?

 *Past*

If you could give your younger self some advice, what would it be?

If we only knew what we know now, giving yourself advice can show us how much we have learnt from our own lessons in life. Give yourself a break and think about how far you have become.

 *Past*

What do you think makes you a good person?

Another reflective question that helps you look at your own intrinsic values, nurture the values you have and think about how others also appreciate the good in you.

 *Present*

What secret do you harbour that would destroy you?

Holding secrets whether big or small, harmful or harmless is one of the most difficult things to endure. The shame that is carried can sometimes be a source of what blocks you from experiencing true joy.

 *Personal*

Reflection Questions

Companion Guide

Are you taking anything for granted?

Have you taken a snapshot of what you assume will always be there? Your friendships? Your relationships with the ones you love and trust?

● Present

What transformation would you want to see in yourself?

Sending thoughts to the universe is the first step to the law of attraction. It's the first step to setting out goals because there's something we want to see in ourselves. The more specific you are, the higher chance you can commit to your transformation.

● Future

What can you do to motivate yourself to get healthier?

Having a healthy mindset is important to give yourself an opportunity to succeed. Ask yourself, what is feasible? What baby steps can you make and how are you able to form that into habit?

● Future

What is one thing you could have done to be a better _____ this year?

The blank can be filled with whatever role you have assigned for yourself with another person. Mother/Sister/Daughter/Friend/CoWorker/Partner. Do you ask yourself, how much or how little have I invested in my relationships and what are things I want to work on? Each relationship is a mirror to who you are and the best way to start assessing where you stand.

● Environment

Do you give yourself the time and resources needed to accomplish your goals?

Reaching your goals is possible when you have the time and space to work on them. When you seemingly fail ask yourself this question and think about what effort you have put into it for this not to be accomplished? Be as honest as you can.

● Present

Reflection Questions

Companion Guide

If your body could talk,
what would it say?

Sometimes we hold emotions and pain in our bodies but compensate the feeling with our minds. If you're practicing mindfulness, stay present and close your eyes. Intentionally think about every part of your body and connect with yourself again.

● *Physical*

When do you feel the most
beautiful/confident/attractive?

Looking at our own physicalities and being proud of them is a great step to self acceptance. Allowing yourself to think about when you feel the most beautiful takes you to a place that is authentic and real.

● *Physical*

What do you need to truly
love yourself?

Loving yourself will be the heart of your journey. Sometimes your wounds may not be your fault but your healing will be your responsibility. So ask yourself what it is you're looking for and what you need to fall in love with yourself again.

● *Future*

What words do you need to
hear right now?

Start being honest with yourself. Asking for what you need opens up vulnerability in seeking what you believe you don't have. This will help you understand where you seek your validation from, whether internal or external.

● *Present*

What's the one thing you
would like others to
remember about you at the
end of your life?

Your own perception carries weight but it may not be everyone's reality? What do you focus on and what are you ignoring? Why do you think you'll be remembered like this and what do you want to change?

● *Past*

Reflection Questions

Companion Guide

What is your biggest fear?

Most of us operate from fear without knowing it, but it becomes a knee jerk reaction to what we do not know. Think about your fear and go a step further and ask yourself, when did this fear come about? What has happened to me in the past for this to appear? As we start to get to our early memories, we get a clarity of the root of our fears.

● *Personal*

What has changed about yourself that you don't want to admit?

Sometimes there are major events in our lives that shape us for the better or for worse. There's a sense of denial when we are affected and so we ignore changes within us or don't give ourselves the chance to accept this.

● *Personal*

What is your relationship with food?

Food is an easy vice because it is accessible and feasible. Sometimes our relationship with food is only the surface of all the feelings that we hold. Ask yourself if there are emotions that trigger your food habits and see where they come from.

● *Physical*

What decisions have you made to control the direction of your life?

What decisions have been yours? How much influence has others had on you? Do you want to start taking control of your life? Assess and audit your own decisions which have brought you here this far.

● *Environment*

What do you need in your life to be enough for you?

What is on your list to be enough? Do you compare with others because you feel like its not enough? Do you have an idea in your head of what life should be and still feel dissatisfied?

● *Present*