



# Reflection Questions

We envision a world where every woman discovers her deepest happiness. Where whatever she desires is within her reach because there's no limit on what she can achieve. We believe this journey to **Finding Your Happy** starts when she takes time to look within.

Taking time for yourself allows you to start making space for your own thoughts and feelings. These 30 questions are for you.

Each question is designed to help you think about different areas in your life; your past, present, future, stories that you hold personally, the environment that has shaped you and your own perception of your physical self.

Use these questions as a tool to connect your thoughts with your emotions. Once you start connecting with yourself, you'll be on the path to **#FindingYourHappy**.

# Reflection Questions

What is something that you've done in the past that you wish you could redo?	What does finding your happy mean to you?	Are you in the job or on the career path that is truly right for you?
What are you holding on to that you need to let go of?	What have you done to be kind to yourself this year?	What is one thing you wish you did this year but didn't because you were afraid?
What would you change about your life?	What is one moment that you wish you could rewind and replay 100 times?	If you could give your younger self some advice, what would it be?
What small act of kindness were you once shown that you will never forget?	How has your family shaped who you have become?	What do you think makes you a good person?
What is a defining moment in your life so far?	How would you describe yourself to a stranger?	What secret do you harbour that would destroy you?

# Reflection Questions

Are you taking anything for granted?	If your body could talk, what would it say?	What is your biggest fear?
What transformation would you want to see in yourself?	When do you feel the most beautiful/confident/attractive?	What has changed about yourself that you don't want to admit?
What can you do to motivate yourself to get healthier?	What do you need to truly love yourself?	What is your relationship with food?
What is one thing you could have done to be a better _____ this year?	What words do you need to hear right now?	What decisions have you made to control the direction of your life?
Do you give yourself the time and resources needed to accomplish your goals?	What's the one thing you would like others to remember about you at the end of your life?	What do you need in your life to be enough for you?