

Use these questions to increase your self-awareness.

#1 – Get a journal. Write in it every day.

#2 – Pick any of the questions each day and answer them honestly and thoroughly. Don't block anything that comes to mind. No one will read this but you. Don't allow mental blocks and previously conditioned responses to inhibit your true desires and needs. I included all the questions from the Manifesto post in this list as well.

- What makes me happy?
- What do I want in my relationships with friends?
- What do I want in my intimate relationship?
- What makes me happy in my intimate relationship?
- What type of relationship do I envision myself having?
- What are non-negotiable needs that my partner needs to meet?
- What are the standards I have for an intimate relationship?
- What are the standards I have for a friendship?
- What are my deepest values?
- What are my core beliefs?
- What do I want to work on in life?
- What are my areas for growth?
- Am I satisfied with my life?
- Do I like myself?
- Do I like the path I'm on?
- Do I dictate the course my life takes?
- Do I take responsibility for all my actions?
- Do I blame others?

- How do I honor my body?
- How do I take care of my mind and soul?
- Do I accept and honor all my emotions?
- How do I describe myself?
- What do I want in life?
- What do I stand for?
- What am I passionate about?
- What am I afraid of?
- Am I pursuing things and goals that enrich my life and enliven me?
- Do I feel uplifted or drained after interacting with certain people?
- Do I love all of myself – the good and the ‘ugly’?
- Am I afraid to pursue goals in fear of failure?
- How do I self-sabotage myself and my own success?
- Am I gentle and loving towards myself or self-deprecating and judgmental?
- Am I living my life according to my values or someone else’s?
- Do I let my soul’s song play freely?
- Am I a people-pleaser?
- Am I honest with myself?
- What scares me the most about showing people my authentic self?
- How am I limiting myself by living life according to other people’s standards?

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Seek knowledge.
Inspire change.