

40 Quick Kick-Ass Life Questions Answer Sheet

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40 Quick Kick-Ass Life Questions Reflection

After getting the list of the questions, think about the state of your life as you reflect on your answers:

- How many “No” answers did you have for this activity?
- As you reflect on your life, what’s working well for you right now?
- In addition, what’s not working well for you right now?
- What specific areas do you need to focus on and develop to help you move towards living your best life?
- What holds you back from being successful and becoming your best self?

If you desire, share your thoughts about your answers and/or about the quiz with a person sitting next to or near you. Share thoughts on how this quiz (or something similar) could be used in your setting?

Session Challenge: By the end of the session, based on your “No” answers, identify ONE action you could take – and are willing to do – starting TODAY (but no later than tomorrow) to become a better version of you! **Greater Challenge:** Make a commitment by writing it down in the space below, then place it somewhere where you can see it every day! Keep it short and sweet – and make it easy!

40 Quick Kick-Ass Life Questions

<ol style="list-style-type: none">1. Are you happy?2. Are you motivated to get out of bed in the morning?3. Do you typically wake up feeling optimistic?4. Do you have more good days than bad?5. Do you feel authentic in your interactions?6. Do you honor your commitments to others?7. Do you honor your commitments to yourself?8. Are you courageous and willing to face challenges?9. Are you willing to step out of your comfort zone?10. Do you feel confident in yourself and your capabilities?11. Do you love what you do for a living?12. Do you feel like you're fulfilling your life's purpose?13. Do you give yourself time to be curious and/or creative?14. Do you spend time every day on things you're passionate or excited about?15. Do you have a compelling goal that inspires you?16. Do you have a plan for your life or a vision for your future?17. Are you comfortable with your financial/money situation?18. Do you refrain from social comparisons to others?19. Do you have a support network?20. Is your social circle a positive one?21. Do you feel like you're in control of your life?	<ol style="list-style-type: none">22. Is your love life what you want it to be?23. Are you able to forgive and forget?24. Do you feel you've let go of the heavy baggage from the past?25. Can you find the positive in apparent negatives?26. Do you handle adversity, obstacles, and failure well?27. Are you grateful for the good things in your life?28. Are you happy with the way you look?29. Are you happy with the way you feel?30. Do you do everything you can to stay healthy?31. Do you do something good for someone else every day?32. Do you do something kind for yourself every day?33. Do you do something to make you feel centered/at peace every day?34. Are you living your life according to your values?35. Are you expressing the best version of yourself?36. Do you get to share your greatest talents and gifts with the world?37. Are you committed to serving something bigger than yourself?38. Do you take 100% responsibility for your actions and decisions?39. Do you like the person you are today?40. Are you completely honest with yourself?
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Meaningful Work Reflective Coaching Questions

What am I here to contribute?

What problem am I here to solve?

What am I committed to create?

What is my ultimate concern?

What need(s) can I fulfill for others?

How can I best serve others?

What is my life's task?

What are the gifts that I have been given to share with the world?

What is it that I - and only I - can do to serve others?

What difference do I want to make?

What was I put on this earth to do?

What's wildly important to me that makes my soul ache?

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