

# Questions to ponder...

Inspired by the book, *Think Like a Monk* by Jay Shetty

What am I afraid might happen? What is this fear telling me? What positive steps could I take to move forward?

Does this belief belong to me or is it someone else's? How is it serving me? Do I want to keep hold of it?

What am I really passionate about? How can I bring this into my life, work or business?

Why do I want this?

Is this what I want or am I trying to please, impress or prove myself to someone else?

What is the legacy that I want to leave behind?

What is really important to me?

