7 QUESTIONS

To Spark a Life Reset



Re-connect with your family and long lost friends



INSTRUCTIONS:

Sometimes the most powerful changes begin with a question. Not a shallow one, but a question that shakes you, wakes you, and dares you to answer honestly. If you feel like something in your life is stuck, off-track, or simply ready for a new season — these seven questions are designed to open the door to clarity, insight, and action.

Use them as journal prompts, discussion starters, or quiet reflection. Take your time. Your answers will show you what's ready to shift.

THE LIFE STRATEGIST



Be open for the new to come into your life...







Ground yourself and connect with nature We can learn so much from animals and Nature



See the beauty all around you - be grateful!

7 QUESTIONS TO SPARK A LIFE RESET

THE LIFE STRATEGIST

QUESTION



1. What am I tolerating that I know deep down is draining me?

We often normalise stress, relationships, habits, or environments that slowly chip away at our energy. This question brings awareness to what you're silently putting up with — and whether it's time to make a new choice.

QUESTION



2. What would I do if I stopped waiting for permission?

From whom are you still seeking approval? What dream, idea, or next step have you been postponing because you're waiting to be "ready" or "allowed"? This question cuts through fear and reminds you: no one is coming to give you a green light. It's already yours.

QUESTION



3. In what area of my life have I been playing small — and what would 'playing bigger' look like?

Playing small can feel safe, but it keeps us out of alignment. Consider where you've been shrinking your voice, your worth, your truth — and imagine the ripple effect of stepping fully into that space.

QUESTION



4. What truth have I been avoiding because it would require change?

This is the question that stops us in our tracks. There's usually a truth we already know — but admitting it means taking action, risking discomfort, or letting go. Start with honesty. Clarity comes next.

QUESTION



5. What do I need to forgive myself for, so I can move forward freely?

Self-forgiveness is not about forgetting. It's about reclaiming your energy from the past so you can step fully into your present. Release the guilt, the judgment, the shame. You don't need to carry it anymore.

QUESTION



6. Who am I becoming — and do my current habits align with that version of me?

Your daily actions are shaping your future. Does the way you think, speak, spend, and show up match the life you're building? This question invites a beautiful recalibration.

QUESTION



7. What would feel radically honest, brave, or freeing right now?

Life doesn't change in a day — but it does change the moment you make one powerful, honest decision. What would that look like for you, today?

Your Next Step

Let your answers guide your next move.
Choose just one small action that feels aligned with your truth.
The reset doesn't have to be loud — it just has to be real.



You don't need a new life.
You need to start making
new choices.
And it starts here.

Do yourself
a favour
and book your
STRATEGY Mentoring Session now
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