



# TOPICS OF THE MIND

VOLUME 2

# WELCOME TO TOPICS OF THE MIND

Your Roadmap to Awareness and Transformation ✨

Congrats on taking the first step towards disrupting everything that no longer serves you! 🚀

You're holding a powerful tool in your hands. This eBook isn't just a collection of questions; it's a disruption in disguise. Each question is designed to break down the barriers that have kept you stuck, and to help you uncover the hidden truths about yourself that you've been avoiding.

Inside, you'll find over 250 of the most powerful introspective questions across six areas of life. These questions are here to challenge your thinking, expose your blind spots, and push you to face what's been keeping you from becoming the fully unleashed version of yourself. ✨

Here's what you can expect:

**Deep Awareness** 🧠 – These questions will force you to confront your current reality, no matter how uncomfortable it feels. You'll shine light on the parts of you that have been hiding in the shadows and face the stories that have been running your life.

**Personal Disruption** 💣 – Every answer you provide will spark a shift. With each realization, you'll break old patterns that no longer serve you, disassemble limiting beliefs, and create the space needed for something greater to emerge.

**Transformation** 🔄 – Real change happens when you take responsibility for what you've learned and apply it. By working through these questions and the process of disruption, you'll step into a new version of yourself — one that operates from alignment, clarity, and power.

I want you to approach these questions with boldness, curiosity, and a willingness to face the uncomfortable. This is your chance to unbecome the person who has tolerated self-doubt, limitations, and fear for so long. And to step into the person who creates from clarity, purpose, and power. 💪

🔑 **Bonus Tip:** If a question stirs up resistance or brings up a deep emotional response — lean into that. Those are the answers that will create the most powerful transformation.



**“The Quality of your life is determined by the quality of the questions you ask yourself.”**

– RICHARD BANDLER



- How can I begin to disrupt the beliefs and patterns that are holding me back from living my best life?
- What parts of my past identity do I need to destroy in order to create the future version of myself that I truly desire?
- How can I stop playing small and start stepping into the person I know I am capable of becoming?
- What do I need to disrupt in my daily habits and routines to experience true transformation?
- What's one belief or behavior that's keeping me stuck, and how can I begin the process of disrupting it?
- What is the biggest thing standing in my way of becoming the person I want to be, and how can I start to eliminate that today?
- How would it feel to finally release the lies I've been telling myself and step into an empowered reality?
- Where am I still holding onto old beliefs that no longer serve me, and how can I begin to break free from them?
- How do I define the next-level version of myself, and what would it take to fully embody that person today?
- What's the one thing I need to let go of right now in order to make room for the future I deserve?
- What would it look like if I stopped holding myself back and allowed my true potential to flourish?



# DISRUPT THE BULLSHIT

*\*The Signature Program by Lotus Banks*

- What would it look like if I stopped holding myself back and allowed my true potential to flourish?
- How can I start taking responsibility for all of my results, knowing that I am the only one who can create the life I truly want?
- What part of my identity do I need to fully shatter in order to step into the person I'm meant to be?
- How can I use my current struggles as the fuel for my next breakthrough?
- What have I been tolerating in my life that I need to stop accepting in order to create lasting change?
- What would it feel like to fully trust myself and my ability to handle whatever comes my way?
- How do I fully embrace disruption as the key to unlocking my next-level self?
- Where am I playing it safe, and how can I push myself to disrupt that comfort zone?
- How do I allow myself to go beyond my past failures and stop letting them control my future success?
- What's one thing I've been avoiding doing that will shift everything in my life if I just take action on it?
- How would I show up if I trusted that everything I want is available to me, and it's already in motion?
- What are the old, limiting beliefs I have about my potential that I need to challenge and rewrite?
- How can I embody the future version of myself right now, in every action I take today?
- What would my life look like if I were to stop sabotaging myself and take full ownership of my growth?
- How can I stop waiting for the perfect moment and start acting now to change the trajectory of my life?
- What's the one small action I can take today that will lead to massive transformation in my life?
- How would my life shift if I stopped holding onto the fear and uncertainty that's been keeping me stuck?



# PERSONAL GROWTH

*(Emotional, Mental, Intellectual)*

- What are the limiting beliefs I hold about myself that are keeping me stuck?
- What would it take for me to truly believe I am worthy of success and happiness?
- How am I sabotaging my own growth and potential?
- What's the one thing I am most afraid to admit to myself?
- What part of my past do I need to disrupt in order to move forward?
- How do I react when things don't go as planned? What's my default response?
- What emotion do I feel most often, and how is it affecting my life?
- Where am I still holding on to grudges or resentments that are blocking my growth?
- How do I stay in my own way when I know better?
- What do I need to forgive myself for?
- How do I show up for myself in moments of fear or uncertainty?
- What do I believe about failure, and how is that belief limiting me?
- How do I define success, and does that definition align with my true desires?
- When was the last time I truly pushed myself out of my comfort zone?
- How do I measure my own progress, and am I doing it in a way that serves me?
- What am I avoiding right now that I know I need to face?
- How do I judge myself when I fall short, and how can I show myself more grace?
- What parts of myself am I not accepting, and why?
- What is the story I keep telling myself about why I can't do something?
- How do I handle rejection or failure, and what could I change about that?
- What lies have I been telling myself to keep me in a safe, familiar place?
- What does emotional resilience look like for me, and how can I develop it further?
- Where am I settling in my life because I'm too scared to go after what I really want?
- What makes me feel most alive, and how can I do more of that?
- How do I challenge myself to keep growing and learning each day?
- What part of my emotional life needs a complete overhaul?
- When do I feel most mentally sharp, and how can I cultivate that more often?



# PERSONAL GROWTH

*(Emotional, Mental, Intellectual)*

- How can I change my mental narrative to align with the person I want to become?
- What limiting thoughts am I feeding myself that are keeping me from unlocking my full potential?
- How do I define my self-worth, and is it grounded in what truly matters?
- How often do I take the time to reflect on my emotional health?
- How can I start aligning my thoughts and emotions with my highest aspirations?
- What is the cost of staying stuck in old patterns, and am I willing to pay it?
- What have I been ignoring about myself that I need to face head-on?
- How do I respond to challenging situations, and what can I learn from those responses?
- What internal narratives do I need to rewrite in order to become my best self?
- What do I need to believe about myself in order to level up in life?
- How can I better manage my emotional state to create a sense of peace?
- When was the last time I took a risk to grow emotionally?
- What beliefs about myself are holding me back from being fully authentic?
- How often do I choose to respond from a place of love instead of fear?
- What do I need to accept about myself in order to move forward?
- What's one small emotional habit I can start today to create massive change in my life?
- How do I handle stress, and what can I do to manage it better?
- What part of my mind or emotions feels out of control, and how can I regain mastery over it?
- How do I deal with disappointment, and how can I turn it into a learning experience?
- How can I begin to see my challenges as opportunities for growth?
- What part of my emotional life needs a deep, intentional shift right now?
- What are the stories I tell myself about my intelligence or abilities?
- How do I choose to react when things go wrong? What does my emotional state reveal about me?



# PROFESSIONAL GROWTH

(Career + Business)

- What am I doing in my career or business that feels unaligned with who I am?
- Where am I playing it safe in my business, and what would happen if I took a bigger risk?
- How do I define success in my career, and is that definition empowering or limiting me?
- How am I holding myself back in my professional life by fearing judgment or failure?
- What business habits am I repeating that are keeping me stuck in a cycle?
- How does my current work environment support or hinder my growth?
- What does it look like for me to take massive action in my career right now?
- Where in my career am I tolerating less than what I deserve?
- How can I better align my passions with my professional life?
- What opportunities am I ignoring because of my fear of success?
- How do I show up for myself as a leader in my work or business?
- What aspect of my business needs the most disruption, and why am I avoiding it?
- How am I sabotaging my own success by procrastinating or staying in my comfort zone?
- What am I most afraid of in my career, and how can I break through that fear?
- How do I need to evolve my leadership style to inspire the people around me?
- How am I measuring success in my professional life, and what would happen if I changed that measure?
- Where do I need to stop overthinking and take bold action?
- What do I need to do in my business to elevate it to the next level?
- How do I define my value in my professional life, and is it time to redefine that?
- What steps do I need to take today to move closer to the business I dream of having?
- How do I balance ambition with the need for personal time and wellness?
- Where am I settling in my career and not pursuing what truly excites me?
- What does it mean for me to be successful in business, and how am I working towards that every day?
- How can I start building a career or business that aligns with my core values?
- What professional relationships do I need to cultivate more intentionally to see growth?
- How can I become more resourceful in achieving the goals I've set for myself?



# PROFESSIONAL GROWTH

(Career + Business)

- What's one big change I need to make in my business to start seeing immediate results?
- How can I better manage my time to ensure that my business is always moving forward?
- What's one thing I could delegate in my business to free up my time for more high-impact work?
- How can I use my current challenges to fuel my next level of success?
- What do I need to stop doing in my business to make more room for growth?
- What's one area of my career or business that feels unbalanced, and how can I recalibrate it?
- How can I create more value for my clients and customers in a way that feels authentic?
- What is the next level of success for me, and what actions will get me there faster?
- What would happen if I stopped waiting for permission and just went after what I want in business?
- How am I allowing my self-doubt to limit my potential in business, and how can I break through that?
- What would a bold decision in my business look like right now?
- What do I need to do to ensure my business aligns with the future I want to create?
- How can I start taking massive, imperfect action in my business today?
- How do I deal with uncertainty in my business, and how can I grow from it?
- What does it look like to be fully in control of my professional destiny?
- Where am I holding back from going after the big opportunities in my business?
- How can I start thinking and acting like the entrepreneur I want to become?
- What risks do I need to take to get the results I desire in my business?
- How do I handle competition, and what can I learn from others to elevate my business?
- How am I showing up as the leader my business needs?
- How can I turn my current professional obstacles into opportunities for massive growth?
- What is one thing I can start doing today to see big changes in my business?
- What am I avoiding in my career that, if I faced it head-on, would bring massive growth?
- How do I handle failure in my business, and how can I learn from it rather than letting it stop me?



# PHYSICAL BODY

*(Health + fitness)*

- How am I honoring my body, and what can I do to show it more love today?
- What excuses do I tell myself about why I can't take care of my body?
- How do I feel when I look in the mirror, and how can I shift that feeling to one of gratitude?
- What is the one thing I need to stop doing to improve my physical health?
- How does my energy change when I eat food that fuels my body versus food that drains me?
- How can I incorporate more movement into my daily life to keep my body in alignment?
- What do I need to start doing today to feel stronger and healthier tomorrow?
- How often do I listen to my body when it tells me I need rest, and how can I improve that?
- How does my mindset affect the way I treat my body and health?
- What is one physical habit I can build to make my health a priority?
- How do I respond when my body is tired or run-down? What could I do differently?
- How do I feel when I'm active, and what would it take to make it a daily habit?
- What's the one unhealthy habit I know I need to disrupt for the sake of my body?
- How does my physical health affect my mindset, and vice versa?
- What would my body say to me if I gave it a voice?
- How often do I make time for myself to rest and recharge physically?
- How can I start to look at exercise and healthy eating as an act of self-love, rather than a punishment?
- What are the small changes I can make today to feel better physically?
- How does moving my body positively affect my mood and emotions?
- How can I show more appreciation for the amazing work my body does every day?
- What's the one area of my fitness routine that needs improvement, and what action can I take to make that change?
- How does physical health align with my vision for success in all other areas of my life?
- How does a lack of physical activity affect my mental and emotional well-being?
- What physical goals have I set for myself, and how can I break them down into actionable steps?
- What's one new habit I can implement today to start improving my body's health?
- What are the beliefs I hold about my body that I need to disrupt?



# PHYSICAL BODY

*(Health + Fitness)*

- How do I navigate emotional eating, and what can I do to break free from it?
- How can I make physical fitness feel more like a celebration of what my body can do rather than a chore?
- How does the way I talk about my body influence my relationship with it?
- What would it look like if I treated my body like the most valuable thing in my life?
- How can I shift my perspective about my body to one of gratitude and respect?
- What small victory can I celebrate today in terms of my physical health?
- How does prioritizing physical well-being support every other area of my life?
- How can I start doing one thing today to better honor my body?
- How do I feel when I'm consistently moving and caring for my body?
- What am I avoiding when it comes to my body's health, and why?
- How can I use my body's strength to push me through challenging situations?
- What physical activity would bring me joy, and how can I incorporate it into my life today?
- How does taking care of my body impact my level of success in other areas of my life?
- How does my body tell me when it needs something, and am I listening to those cues?
- What physical routine can I create that will support my overall well-being in the long run?
- How can I start to focus on strength rather than appearance when it comes to my body?
- What beliefs about physical appearance do I need to let go of in order to love my body fully?
- How does practicing self-care for my body shift my overall mindset and confidence?
- What is one physical goal I've been avoiding, and how can I start taking action on it?
- How do I feel about my body after a workout, and how can I leverage that feeling to keep pushing forward?
- What does my body need right now, and how can I give it the care it deserves?
- What is the most powerful change I can make to my physical routine right now?
- How can I use exercise as a way to show up for myself and my mental health?
- How can I begin to change the story I tell about my body to one of respect, love, and power?



# WEALTH

(Finances + Cashflow)

- What is my current relationship with money, and how can I shift it to one of abundance?
- How do I feel about wealth and success, and how does that impact my financial reality?
- What limiting beliefs do I have around money, and how can I begin to disrupt them?
- Where am I holding onto scarcity and fear around money, and what would happen if I let that go?
- How do I feel when I spend money, and what can I do to change that feeling to one of empowerment?
- How does my current financial situation reflect the beliefs I have about myself and my worth?
- What's one step I can take today to increase my financial abundance?
- How do I define financial success, and does that align with my true desires?
- What's the story I've been telling myself about why I can't have more money, and how can I rewrite it?
- How do I feel about investing in myself, and what does that tell me about my self-worth?
- Where do I feel I'm holding back in creating financial freedom, and how can I change that?
- What would it take for me to feel confident about my financial future?
- How do I measure financial success, and is that measure empowering or limiting me?
- Where am I leaving money on the table in my life or business, and how can I stop that?
- How can I leverage the skills and talents I already have to create more financial abundance?
- What steps can I take to create more clarity around my financial goals?
- How do I feel about taking risks with my money, and what can I do to feel more confident in that area?
- What are the money patterns I've been repeating, and how can I break them?
- How do I handle setbacks with money, and how can I shift that response to one of empowerment?
- Where am I avoiding looking at my finances, and what's the cost of that avoidance?
- How can I start taking responsibility for my finances and stop relying on outside factors to determine my financial outcomes?
- What are the beliefs I hold about wealth, and how are they either limiting or empowering me?
- How does my spending reflect my values, and is that in alignment with the future I want to create?



# WEALTH

(Finances + Cashflow)

- How am I allowing fear to dictate my financial decisions, and how can I flip that?
- What small changes can I make today to bring in more money and abundance?
- How do I define financial freedom, and how close am I to that definition right now?
- What would it feel like to release my fears about money and embrace a mindset of abundance?
- How often do I feel guilty about money, and what can I do to shift that feeling?
- How can I create more income while aligning with my passions and purpose?
- How does my financial situation affect my mental, emotional, and physical well-being?
- What are the top money goals I need to focus on, and what action will I take today to move toward them?
- How do I celebrate financial wins, no matter how small, and use them to propel me forward?
- How often do I look at my bank accounts and financial situation, and what's the story I tell myself when I do?
- What does financial success feel like, and how can I create that feeling in my life today?
- How does the story of my financial past impact my present, and how can I reframe that story to create a more powerful future?
- How do I make decisions about money, and how can I shift my decision-making to support my future self?
- What's the next step in my financial journey, and what action do I need to take to get there?
- What would it feel like to live debt-free, and how can I start moving in that direction today?
- How can I create more financial stability while pursuing my passions and dreams?
- How do I honor the flow of money in my life, and how can I ensure it keeps flowing abundantly?
- How can I start thinking like a wealthy person, and what small steps can I take to embody that mindset?
- Where am I holding onto financial fear, and how can I disrupt it today?
- What money goals have I been avoiding, and how can I take the first step to tackle them?
- How can I create a financial plan that supports my long-term goals and desires?
- How does financial freedom allow me to show up differently in my life and business?
- How am I redefining what financial success looks like for me, and what does that future look li



# CONNECTION

*(Relationships + Intimacy)*

- How do I show up in my relationships, and is that who I truly want to be?
- How do I feel about intimacy, and how can I open up more to connect deeply with others?
- What patterns do I repeat in my relationships, and how can I disrupt them to create healthier dynamics?
- How can I start to communicate my needs more clearly in my relationships?
- How do I show love to others, and how can I show it in a way that aligns with their needs?
- What do I need to forgive myself for in my past relationships in order to move forward?
- How do I handle conflict in relationships, and what would it take for me to approach conflict differently?
- How do I feel when I'm truly seen and heard by my partner or loved ones, and how can I create more of that in my life?
- How do I show love to myself, and how does that influence the way I show love to others?
- Where am I settling for less than I deserve in relationships, and what can I do to change that?
- How does the way I see myself affect how I show up in my relationships?
- What do I need to release in my relationships in order to create more space for growth and connection?
- How do I set boundaries in relationships, and are those boundaries supporting my highest good?
- How do I allow myself to be vulnerable, and what does that look like in my closest relationships?
- How do I balance giving and receiving in relationships, and where can I improve that balance?
- What is my current relationship with trust, and how can I build it more deeply with others?
- How often do I communicate my feelings in relationships, and how can I improve that?
- What does true intimacy mean to me, and how can I cultivate more of it in my life?
- How do I feel about asking for help in relationships, and how can I become more comfortable with it?
- Where am I holding onto old patterns in relationships that no longer serve me?
- How do I prioritize my relationships, and how can I make them even more of a priority?
- How do I show up for my friends, family, and partner, and how can I improve that?



# CONNECTION

*(Relationship + Intimacy)*

- How do I feel about expressing my love physically, and what can I do to enhance that expression?
- How can I become more open to receiving love and support from others?
- What role does fear play in my relationships, and how can I shift that dynamic?
- What's one way I can surprise someone I love today, showing them just how much they mean to me?
- How can I express my gratitude for the people in my life in a way that feels meaningful to them?
- How can I ensure that my relationships are a source of strength and not depletion?
- How do I respond to criticism in relationships, and how can I change that response for growth?
- How do I navigate jealousy, and what would it take to release it?
- What do I need to stop doing in relationships that's causing unnecessary drama or conflict?
- How can I create deeper emotional intimacy with my partner, friends, and family?
- What does love look like for me, and how can I make it a central part of my life?
- How can I better communicate my needs and desires without fear of judgment?
- What beliefs about relationships do I need to break free from in order to create healthier connections?
- How do I show myself love in my romantic relationships, and how can I improve that?
- How can I cultivate more patience and understanding in my relationships?
- How do I deal with vulnerability in relationships, and how can I embrace it more fully?
- How can I ensure I'm not losing myself in my relationships and staying aligned with my true self?
- How can I balance giving my love freely while also honoring my boundaries?
- What's the one thing I'm not saying in my relationships that's holding me back?
- How do I feel about giving myself the same love and respect that I give to others?
- How can I improve my communication to make my relationships stronger and more fulfilling?
- How do I manage expectations in my relationships, and how can I ensure they're realistic and healthy?
- What does true partnership mean to me, and how can I embody that in my relationships?



# FUN AND LEISURE

*(Vacation, Relaxation, Play)*

- When was the last time I truly allowed myself to relax without guilt or obligation?
- What does playfulness look like for me, and how can I invite more of it into my life?
- What activities make me feel most alive, and how can I make time for more of them?
- How do I feel when I take time for myself to rest and recharge, and how can I make it a priority?
- When was the last time I took a vacation without checking work emails or worrying about responsibilities?
- How often do I engage in something just for the sheer joy of it, without any expectations or goals?
- What would it look like if I stopped seeing leisure as “luxury” and started seeing it as a necessity for my well-being?
- How do I allow myself to disconnect from technology and truly be present in the moment?
- What is one way I can change my routine to make more room for enjoyment and fun?
- How does my level of stress and busyness impact my ability to relax and enjoy life?
- When was the last time I truly laughed until my stomach hurt, and how can I create more moments like that?
- How can I use my hobbies as a tool for personal growth and relaxation, instead of just a way to pass time?
- How can I balance my need for productivity with the necessity of rest and enjoyment?
- What childhood activities brought me the most joy, and how can I reintroduce those into my adult life?
- How do I feel when I take time to unwind with no agenda, and what would it take for me to do that more often?
- How does my relationship with relaxation and play affect my productivity and overall happiness?
- What’s one adventure or experience I’ve always wanted to try, and what’s stopping me from pursuing it?
- What would it feel like if I could fully embrace relaxation without feeling guilty about it?
- How can I create a space in my daily routine for more freedom and fun?
- How often do I find myself saying, “I don’t have time for fun,” and how can I challenge that belief?



# FUN AND LEISURE

*(Vacation, Relaxation, Play)*

- How can I bring more creativity into my day-to-day life in a playful way?
- How do I feel about spending time alone, and how can I use that time for personal relaxation and fun?
- What would it take for me to treat every moment as an opportunity for enjoyment, rather than stress or pressure?
- How can I integrate more moments of joy into my routine, even during the most demanding times?
- How do I prioritize my leisure and relaxation needs, and where can I improve that?
- How do I react when others suggest I relax or take a break, and what does that say about my current mindset?
- What small, playful moments can I create today that will elevate my mood and energy?
- How can I redefine "success" to include fun, leisure, and play as necessary components of my well-being?
- What childhood memory brings me the most joy, and how can I re-create something similar in my adult life?
- How do I feel when I allow myself to take a true break from my goals and responsibilities?
- How can I create more playful moments in my life that feel just as significant as my work or ambitions?
- What activities help me de-stress and recharge my energy, and how can I make them more regular?
- What's one small, intentional change I can make to have more fun and enjoyment in my life?
- How do I feel when I engage in fun or play, and how can I let that feeling guide me in creating more of it?
- How do I treat my free time, and how can I shift my approach to make it feel more valuable?
- How do I allow myself to be spontaneous, and what would it take to embrace that more fully?
- How does relaxation help me align with my future self and my goals?
- What do I need to release in order to embrace more lightness, fun, and enjoyment in my life?
- What is the most fun, spontaneous thing I've done lately, and how can I recreate that more often?
- What new activity or hobby could I try today to shake things up and add more excitement to my life?



# LET'S KEEP THE MOMENTUM GOING!

So, what shifted for you while you worked through these questions? What did you uncover about yourself that you can no longer ignore? What's the next step you're ready to take now that you've disrupted some old patterns and shaken things up? I want to know!

Whether it was an epic "aha!" moment, an unexpected breakdown, or the realization that you've been holding yourself back – let's talk about it. Reach out to me via the FREE Mindset U FB page or tag me on social so we can keep this conversation alive and keep the disruption going.

## Connect with Me:

Email: [Lotus@mindset-university.com](mailto:Lotus@mindset-university.com)

Facebook:



Instagram:



## Ready to Go Deeper?

You've already taken a massive step by diving into this ebook – but if you're ready to truly transform and become the person you're meant to be, I've got a few options for you. No more playing small. Let's make some real, lasting shifts.

### 1:1 Coaching:

Ready to go all-in on your personal and professional growth?

Let's work together 1:1 and break through the barriers that are holding you back. This is an exclusive, high-level coaching experience designed for action-takers and high-performers who are done with settling for less.



### Disrupt The Bullshit:

My signature 12-week program is designed for people who are done with the same old stories and unresourceful patterns. If you're ready to disrupt the bullshit holding you back and activate the next-level version of yourself, this is for you. The best part? You get the tools, support, and community to keep it going long after the program ends.



# STAY CONNECTED + KEEP EVOLVING

## Join the FREE Mindset U Facebook Group:

This is where the magic happens. A community of like-minded disruptors, all striving for more.



## Share the Love:

Write a Review: If this ebook sparked something within you, share it! Drop a review in the FB group or to my email directly and let the world know what's possible when you start disrupting the bullshit!



## Become an Affiliate:

Know someone who needs to disrupt their own bullshit?  
Get paid to refer them to my coaching and programs.

**Email me at [Lotus@mindset-university.com](mailto:Lotus@mindset-university.com) for more details.**

Remember, the disruption doesn't stop here. Your evolution is only just beginning. Your future self is waiting for you.

Rising Always,

  
BANKS

