

Questions for Time Management & Balance Seminar

How happy am I most of the time? Really?
How do I feel about myself?
Who and what do I love?
How healthy do I feel right now?
Do I seek and accept appropriate help and comfort from others?
How often?
How do I really feel about my life and responsibilities?
What draws me to these life choices? Honestly?
What traumatic/stressful experiences have I had?
Have I integrated these experiences?
Is my rest adequate and satisfying?
Do I often feel loved and appreciated?
What are my fears?
What am I angry about?
What are the sources of my greatest emotional pain?
For what do I feel shame?
For what do I feel guilt?
What do I do with my feelings?
Do I forgive myself?
What gives meaning or purpose to my life?
What are my hopes and dreams for me?
Do I often feel lonely?
What do I treasure as joys?
How and when do I have fun?
What don't I talk about with anyone?
What do I feel when I look at myself in the mirror?
With whom can I talk about my inner life?
Do I laugh and cry?
Do I create internal psychological safety for myself?
How do I listen to and take care of my body?
Do I consistently implement clear boundaries with others and myself?
How honest am I with myself?
What form of music and movement do I enjoy?
What are my spiritual needs and comforts?
What could I do to be more self-caring?

If I changed three things in my life. What would they be?