



# SIX QUESTIONS TO ASK YOURSELF EVERY DAY

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1

## WHY AM I HERE?

Every morning take a moment to re-examine what you are living for. What are your goals and is your day planned out in a way to support those goals?

2

## WHAT AM I GRATEFUL FOR?

List three new things each day that you appreciate in your life. This gratitude inventory creates a positive trajectory for the day.

3

## WHAT CAN I LEARN FROM YESTERDAY'S MISTAKES?

And how can you prevent yourself from repeating them?

4

## WHO CAN I HELP TODAY?

Plan some small, specific action that will assist a family member, friend or colleague

5

## WHAT CHALLENGE SHOULD I EXPECT TO CONFRONT TODAY?

And how can I handle it in a positive way?

6

## HOW CAN I CONNECT TO GOD TODAY?

What concrete action can you do today to build your relationship with God?