

Six Questions to Ask Yourself Every Day

By Sara Debbie Gutfreund

#Start your day right.

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?