**101 Questions to Ask about your life**

**LOVE**

**“We accept the love we think we deserve.”**

**-Stephen Chbosky**

1. **Am I in love with the "idea" of love?**
2. **Does my love have conditions, or is it unconditional?**
3. **Is my affection derived from neediness, or is it given as a gift?**
4. **Am I wholeheartedly giving all the love I have?**
5. **Do I completely accept the people I love, good and bad?**
6. **Do I “love” someone in order to escape from a problem in my life?**
7. **How can I cultivate love in everything I do each day?**
8. **Am I in love with illusions and fantasies, or truths and realities?**
9. **Am I motivated by fear, or love, in my life?**
10. **Am I loving in a healthy way?**

**SELF- LOVE**

**“We rarely see ourselves as perfect just the way we are. We often base our worth on who loves or doesn't love us” — Heatherash Amara**

1. **What does self-love mean to me?**
2. **How can I benefit from giving myself love?**
3. **In what ways can other people in my life benefit from my self-love?**
4. **Do I treat myself the way I treat other people?**
5. **Do I look for ways to nurture myself daily?**
6. **Am I self-depreciating and/or self- destructive?**
7. **Am I friends with myself?**
8. **Do I always put my needs and desires last? If so, how does this affect me?**
9. **What 3 self-loving deeds can I do for myself today?**
10. **Have I forgiven myself of my flaws, failures, and limitations?**

**MINDFULNESS**

**"Few of us ever live in the present. We are forever anticipating what is to come or remembering what has gone.” —Louis L’Amour**

**21. What is happening right now?**

**22. How aware of my thoughts, emotions, and surroundings am I during the day?**

**23. Do I live mostly in the past, present, or future?**

**24. What can I do each day to stimulate mindfulness?**

**SOLITUDE**

**“If you’re lonely when you’re alone, you’re in bad company.” —Jean-Paul Sartre**

**25. Do I spend enough time by myself?**

**26. How could I make more “alone time” for myself? Do I need to negotiate, simplify, or prioritize anything in my life to bring this about?**

**27. How can solitude help me find peace and contentment?**

**28. Am I afraid of being alone? If so, what prevents me from facing myself?**

**29. How could I use solitude to cultivate inner strength and positive self- esteem?**

**30. Is solitude the same as loneliness to me? Why?**

**31. What 3 issues can I reflect on in solitude?**

**32. How can I use my solitude to become more mindful and appreciative of life?**

**33. How much solitude do I require in life, and how often?**

**34. Do I feel guilty about spending time by myself? If so, why?**

**HAPPINESS**

**“No medicine cures what happiness cannot.” —Gabriel Garcia Marquez**

**35. How happy do I feel on a daily basis?**

**36. How often do my desires and expectations limit my ability to be happy?**

**37. What 3 things make me the happiest, and how can I include these things in my life more?**

**38. Am I happy with myself? Why or why not?**

**39. Do I regularly make other people happy? In what ways? If not, why?**

**40. Do I pursue happiness, or do I live in joy and appreciation of the present moment?**

**41. Do I easily become happy, or does it take a lot to "make" me happy?**

**42. Am I happy for the small, momentary things in my life?**

**43. If I’m hard to please, how can I open myself to more thankfulness and gratitude?**

**44. Have I found my own personal meaning that brings me joy and fulfilment?**

**SELF-ESTEEM**

**“You yourself, as much as anybody in the entire universe, deserve your love and affection.” — Siddhartha Gautama**

**45.Do I place a lot of value in what I do?**

**46. Do I find my self-worth from myself, or do I base it on the opinions of others?**

**47.Do I take care of my body, as well as my mental and emotional needs?**

**48. Am I satisfied with myself? Or do I always feel the need to be better?**

**49. When I make a mistake, do I simply accept it, or do I judge and victimise myself?**

**50. How well do I deal with criticism?**

**51. Am I confident “walking to the beat of my own drum,” or do I need other people’s validation?**

**52. Do I like to make fun of myself in order to amuse other people?**

**53. Do I tend to enlarge the positive qualities I believe I have, and flaunt them to gain other people’s approval?**

 **54. Do I value my intelligence, or do I rely on other people to make my decisions for me?**

**55. Am I overly critical of other people?**

**PAIN**

**“Pain is only what you allow it to be.” —C. Clare**

**56. How do I perceive pain?**

**57. How much faith do I have in my ability to cope with pain?**

**58. How could I approach my pain in a healthy, selfloving way?**

**59. Is my pain an unconscious reaction to something happening in my life?**

**60. Am I treating my body with respect? If not, why? How can I change this?**

**61. Am I overloading myself with other people’s burdens?**

**62. Do I need more solitude or more social contact to help me deal with my pain?**

**63. Do I accept pain as a natural part of life?**

**64. Am I creating tension for myself by fighting my pain?**

**65. What lessons has pain taught me that I can pass on to benefit others?**

**DEATH**

**“The fear of death follows the fear of life. A man who lives fully is prepared to die at any time.” —Mark Twain**

**66. Do I fear death? Why?**

**67. Am I prepared to face death?**

**68. Does my perception of death impact the way I live my life?**

**69. In what ways can I embrace the impermanence of life?**

**70. Is death necessary to me? Would I take life for granted if I lived forever?**

**71. When I think of dying, what words do I use? What do they say about my perception of death?**

**72. In what ways can I use the inevitability of death to enrich my life?**

**73. What truths do I hold to that will help me face death?**

**74. What has society conditioned me to believe about death?**

**75. If I died tomorrow, would I feel as though I had lived a fulfilling life?**

**HATE**

**“Hatred is the coward’s revenge for being intimidated.” – George Bernard Shaw**

**76. What is the biggest thing that provokes me to anger? Why?**

**77. Do I passively hate, or aggressively hate? Why?**

**78. Do I hate more easily than love? Why?**

**79. How does my hatred impact the quality of my life?**

**80. Does hatred serve me any useful purpose? Why, why not?**

**81. What is the root of my hatred (e.g. disappointment, jealousy, grief, etc.)?**

**82. Am I more hateful towards myself, others, or both equally? Why?**

**83. Do I blame my problems and failures on others?**

**84. Do I derive my daily energy from hatred, fear, or love?**

**85. How can I learn to accept my hatred and develop self-forgiveness?**

**SELF-FULFILLMENT**

**“Just as light brightens darkness, discovering inner fulfilment can eliminate any disorder or discomfort.” —D. Chopra**

**86. What ways do I express myself creatively?**

**87. Am I satisfied with my accomplishments each day? Why? Why not?**

**88. What 3 things are the most important to me? How can I fulfil them?**

 **89. How can I develop more motivation, inspiration, and passion in life?**

**90. How can I change my daily routine in order to be responsible for my self- fulfilment?**

**91. Does my life have enough meaningful direction and purpose?**

**92. Is finding self-fulfilment secondary to other things in my life right now?**

**93. Can I experience fulfilment solely by myself, or do I require others?**

**94. Is my idea of fulfilment idealistic and unrealistic, or truly attainable?**

**95. Can I find my self-fulfilment right now? If not, am I looking in the wrong place for happiness?**

**WISDOM**

**“It’s better to know some of the questions than all of the answers.” —Anonymous**

**96. Do I learn from, and embrace, my mistakes?**

**97. Do I listen more than speak?**

**98. Do I let my ego get in the way of how I see, listen to, and value other people?**

**99. Where does the root of my wisdom come from?**

**100. Do I ask “why?” enough in order to find truth?**

**101. Is questioning myself, other people, and the world a big part of my life? Why, why not?**