

# Retreat Questions

1. What words do you often speak to others that you need to listen to yourself?
2. What question(s) do you repeatedly ask yourself? Why?
3. What do you know but don't want to know?
4. What is the one thing you believe you should change to make your life better?
5. What is one thing you haven't done yet that you must do? Why? When will you do it?
6. If anything were possible, what would you do, right now, today? What stops you?
7. What do you love to do that you don't do enough of?
8. What does success look like to you? Why?
9. What doesn't exist in the world that you can see yourself creating or being a part of?
10. What do you say you want just because you *think* you should want it?
11. Where are you confused? Why?
12. Where is 'good enough' in your life sabotaging the potential for exceptional?
13. What decision are you stalling on? Why?
14. What have you been tolerating in your personal life/work that is also limiting you?
15. What is the one thing you want most that you can't seem to make happen? Why do you think this is the case?
16. What are you afraid will happen if you go all in on a crazy, big idea?
17. What does your wisdom know that you sometimes forget?
18. List everything in your life that makes you feel amazing. Then write one sentence describing why it feels so good to you.
19. What are you most grateful for? Why?
20. What role has luck played in your life? Describe specific examples. Keep a list going forward of anything that happens that can only be described as luck.