

- 1. Am I using my time wisely?**
- 2. Am I taking anything for granted?**
- 3. Am I employing a healthy perspective?**
- 4. Am I living true to myself?**
- 5. Am I waking up in the morning ready to take on the day?**
- 6. Am I thinking negative thoughts before I fall asleep?**
- 7. Am I putting enough effort into my relationships?**
- 8. Am I taking care of myself physically?**
- 9. Am I letting matters that are out of my control stress me out?**
- 10. Am I achieving the goals that I've set for myself?**