

LIFESTYLE

EXPERIENCES

- DO YOU LOVE YOUR LIFE? WHAT DO YOU LIKE BEST? LEAST?
- IF YOU KNEW THE WORLD WAS GOING TO END IN 20 YEARS WOULD YOU MAKE ANY CHANGES IN YOUR CURRENT LIFESTYLE? WHAT WOULD THEY BE?
- IF YOU KNEW YOU WERE TO DIE IN A YEAR, WHAT, IF ANYTHING WOULD YOU CHANGE ABOUT THE WAY YOU ARE LIVING?
- WHAT WOULD BE A PERFECT DAY FOR YOU? IS THIS DAY FILLED MOSTLY WITH THINGS, IDEAS, OR PEOPLE?
- ARE YOU SATISFIED WITH YOUR CURRENT LIFESTYLE?
- WHAT HAVE BEEN THE HIGHLIGHTS OF THE PAST WEEK?
- WHAT WOULD HAVE MADE THE LAST WEEK BETTER?
- WHAT ARE SEVERAL THINGS YOU LIKE TO DO ON A RAINY DAY?
- WHICH OF THESE AROUND THE HOUSE JOBS WOULD YOU PREFER TO DO?-HOUSECLEANING?, REPAIRS?, COOKING?, LAUNDRY?
- DO YOU MAKE YOUR BED EVERY DAY?
- DO MOST PEOPLE HAVE A MORE OR LESS SATISFYING LIFE THAN YOU? WHY? WHAT PERCENTAGES WOULD YOU GIVE?
- DO YOU HAVE ANY PETS? IF SO, WHAT KIND? HOW IMPORTANT ARE THEY TO YOU?
- WHAT ARE CONCRETE WAYS YOU COULD SIMPLIFY YOUR LIFESTYLE?
- DO YOU TEND TO KEEP YOURSELF TOO BUSY? IF NO, BY KEEPING UP THIS FRENZY IS THERE ANYTHING THAT YOU MAY BE AVOIDING?
- WHAT DOES IT FEEL LIKE WHEN YOU HAVE NOTHING TO DO? WHAT DO YOU USUALLY END UP DOING?
- WHICH LIFE WOULD YOU PREFER?- ONE FILLED WITH GREAT PASSION AND ADVENTURE BOTH EXTREME UPS AND DOWNS (ROLLER COASTER); OR ONE THAT IS HAPPY, PREDICTABLE, SAFE AND SECURE WITH NO GREAT VARIATIONS IN EMOTION OR EXPERIENCE (MERRY-GO-ROUND)?
- HOW MUCH WOULD YOU SAY YOU LIVE IN THE PRESENT MOMENT?
- DO YOU TAKE REGULAR MINI-VACATIONS AS YOU NEED THEM THROUGHOUT THE WEEK?
- DO YOU KNOW WHEN TO SLOW DOWN AND RELAX?
- HOW IMPORTANT IS PEACE AND QUIET IN YOUR LIFESTYLE? DO YOU ENJOY IT?
- DO YOU CONSIDER YOUR LIFE A JUGGLING ACT?
- DO YOU HAVE A LIFE BALANCED WITH ACTIVITY, REST, WORK AND FUN?
- DO YOU TEND TO AVOID OR FALL INTO OPERATING IN EXTREMES?
- WHAT ARE THE WAYS IN WHICH YOUR LIFE FEELS BALANCED? UNBALANCED? WHAT ARE THE PIECES OUT OF SYNC? WHAT CAN YOU DO TO IMPROVE THE SITUATION?
- DO YOU BELIEVE THAT THE SIMPLEST THINGS IN LIFE BRING THE GREATEST RESULTS?
- DO YOU BALANCE INDEPENDENCE, DEPENDENCE AND INTERDEPENDENCE?
- WHEN YOUR LIFE GETS TOO HECTIC ARE YOU ABLE TO REEVALUATE?
- HOW WELL DO YOU DO STRIVING FOR BALANCE AND MODERATION?