

## Where You Were ~ Journaling Questions



1. What was a positive experience in your life? How did that experience change your outlook on things? How would your life be different now if that never happened?
2. What was a negative experience in your life? How did that experience change your outlook on things? How would your life be different now if that never happened?
3. Are you happy with the person you are now? Would you change anything about yourself (non-physical)? What would you change and why?