Twitter Thread by Bren



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It's okay to pause and ask yourself WHAT

“Knowing yourself is the beginning of all wisdom.”
■ Aristotle

■What worries me most about the future?

■■What matters most in my life?

■What worries me most about the future?

■■What am I really scared of?

■Have I done anything lately worth remembering?

■■What matters most in my life?

■What do I need to change about myself?

■■What am I doing about the things that matter most in my life?

■Have I done anything lately worth remembering?

■■In what ways do I show love for myself?

■What are the top 10 things that bring a smile to my face?

■■What does a “happy life” look like in my mind?

■What am I doing to increase my happiness?

■■What's preventing me from being truly happy now?

■What am I doing on a day to day basis to progress towards my ultimate goal in life?

■■What do I hope to achieve in life?

■What fuels me more: reward or fear of punishment?

■■What excites me enough to keep me focused?

■What are some of the things that really demotivate me?

■■What helped me regain my motivation in the past when I lost it?

■What does a "happy life" look like in my mind?

■■What lessons did I learn from the last major mistake I made in my work, relationship, finance?

■What am I doing on a daily/weekly/monthly/yearly basis to improve myself?

■■What activities make me feel productive, engaged, and deeply content?

■What am I doing on a day to day basis to progress towards my ultimate goal in life?

■■Do I enjoy learning? If so, what am I doing to ensure that I keep learning?

■What are my boundaries in a friendship?

■■What are the unfulfilling friendships that are draining my energy and happiness? And I must let go.

■What does "having a good time with friends" look like for me?

■■What are the 10 most important qualities I look for in a friend?

■What's the biggest obstacle standing between me and a health goal?

■■What am I doing to reduce and prevent stress?

■What does my diet look like and how does it make me feel? (i.e. good, guilty, energetic, lethargic, etc.)

■■What are 10 healthy habits I like to develop in the next 6 months - 2 years?

■What words do I use the most often and how do they reflect me as a person?

■■What compliment do I like to hear the most?

■In what ways have I grown as a person in the last year?

■■What words do I use the most often and how do they reflect me as a person?

■Do I enjoy learning? If so, what am I doing to ensure that I keep learning?

■■What's my way of showing love for my family? Does my way of showing love align with how my family would like me to show love for them?

■What are the 5 most important things I look for in a relationship in my current stage in life?

■■What am I doing to improve the quality of my relationship?

■What do I think will be the 5 most important things I look for in a relationship 5years from now? Are they the same to the answers from the question above?

■■What are the "dealbreakers" in a relationship for me?

■What kind of compromises am I will to make in a relationship?

■■What skills do I think I need in order to have a successful relationship?

■What impact did my parents' relationship have on my view of relationship and marriage?

■■What's my primary love language?

■What qualities do I value the most in a partner, and why are they important?

■■What are the top 5 lessons I learned from my past relationships?

■What's my fighting style and how does that impact my relationship?

■■What am I doing in the next 6-12 months or 2 - 5 years to progress in my career?

■What traits of a good leader do I exhibit?

■■What traits of leadership do I need to work on?

■What style(s) of leadership do I prefer and what ways can I improve on it?

■■What advice would you give to yourself 5 years ago?

■What are the biggest things you've learned in life to date?

■■What would you do today if there is no more tomorrow?

■What is your ideal self? What does it mean to be your highest self?

■■What are your values?

■What do you represent?

■■What do you want to embody?

■What are you most grateful for in life?

■■What are the achievements you are most proud of?

■What are you passionate about?

■■What are the most important things to you in life?

■What opportunities are you looking for?

■■What are you busy with today? Will this matter 1 year from now? 3 years? 5 years?

■What are your biggest goals and dreams?

■■What's stopping you from pursuing them? …Why? How can you overcome them?

■What would you want to do, if you are do something free for the rest of your life?

■■What would you do if you cannot fail; if there are no limitations in money, resources, time or networks?

■What's the top priority in your life right now? What are you doing about it?