



Half a dozen thought provoking questions - where are you at?

1) Are you giving your valuable time to the right people?

2) How do you show gratitude for the things you already have?

3) When you are 90 what do you think will matter to you most?

4) Are you sure you are managing your time well?

5) How often do you enjoy the moment these days - or is life just becoming more and more overwhelming?

6) What are three things you are doing regularly that don't serve or support you? In others words making your life tougher than it needs to be. Eg; over committed
