

What limiting beliefs have held you back from going for your dreams?

What have you avoided trying because of those limiting beliefs?

Do you believe that people want to help you?

If so – what advice would you give someone who struggles to ask for help?

If you don't believe so, what is your biggest barrier in asking for help, or believing that others want to help you?

Do YOU want to help others? If so, what could you do to show this more? If no, that is OKAY! Share why this is not something that you can take on right now.

“Fault is past tense, responsibility is present tense.” – Mark Manson

Talk about an experience where a situation wasn't your fault, but you took responsibility for it. What was the outcome? What feelings did you have about this experience?

Moving forward, how do you think you'd implement this idea/quote into your life?

When reflecting upon the fragility of life, it is evident that there is no “plan B”.

In what ways have you been allowing yourself to put your wants and dreams on the backburner (or making them a “plan B”), instead of taking action on them now? What is it that you are keeping as your “plan B”?

Knowing that your life only has a “to be determined” amount of time left, how will you convert your “plan B” dreams into PLAN A?

Not all friends deserve to hear everything we must share. Some people only deserve the exciting moments of our stories, while others deserve the exciting and difficult moments.

Who in your life is a confidant that deserves to hear your story? Why would you consider them your confidant? If you picked a significant other, is there someone besides them that you would also choose?

What characteristics does this person have that has allowed them to be your confidant?