



50 Life Booster Questions brought to you by Forward Steps Life Coaching

An Online Version can be found at <http://www.forwardsteps.com.au/50-Power-Questions.htm>

1. What would you love to do or accomplish, before you die?
2. If you were to begin to achieve that/these, what is the first change you would start to make?
3. What would you need to include MORE of in your life?
4. What would you need to have LESS of in your life?
5. Rewrite your goal(s) so it is 'moving towards' something, rather than 'moving away' from something?
6. What is YOUR personal definition of success?
7. If you had to guess your life purpose, what would it be?
8. What daily habits could you replace with a better daily habit? List these.
9. What would a massive action 'look like' for you?
10. What action would you take, if you knew you could not possibly fail?
11. What has worked for you when accomplishing past personal goals?
12. What can you see about any past setbacks, which may actually benefit you?
13. What are you tolerating/putting up with?
14. What will you do, to completely erase petty things that are bothering you?
15. For what will you take 100% responsibility, from now?
16. If you were your own coach, what coaching would you give yourself right now?
17. Who and what are you listening to, most of the time? How will you change that, if it needs changing?
18. What do you keep saying to yourself that usually thwarts your progress?
19. What could you now keep saying to yourself, to empower you?
20. What could you get done this week that you know needs doing?
21. For that task, what is the first step and the next step?
22. What could you put in your environment to remind you of your promises to yourself?
23. What could you include in each day to create and hold your vision for your future?
24. What have you 100%, decided to achieve?



25. What ways do you benefit by NOT deliberately moving toward what you want?
26. What activities and new habits will you deposit into your future, this month?
27. On a scale of 1 to 10, how excited to you feel about taking these actions?
28. What could increase that score?
29. What are your highest aspirations for this year?
30. What are the greatest lessons you have learned in life?
31. What is life asking you to do differently?
32. What are you now willing to do that you've been unwilling to step into?
33. What non-negotiable decision are you willing to make for your life, and stick to?
34. What in your life needs immediate attention?
35. What strategies could you use to better manage your daily priorities?
36. What is perfect about where you are in your life right now?
37. Describe in detail, your feelings once all your goals are achieved?
38. Which books could you read, people could you call and websites could you visit, to support your goals?
39. In what way are you a better person this year than last year? What will be your answer, next year?
40. Where will you fine-tune your use of time in the next 24-hours?
41. Is there anything you are ignoring, to which you should be paying attention? Be honest!
42. What are you most excited about now? What are you looking forward to?
43. What ways will you will get more energy into your life?
44. What newly created, personal standard(s) will you abide by; hail, rain or shine?
45. What are your greatest strengths and how will you leverage those?
46. What would you most like to be acknowledged for, so far in your life?
47. What do you need to give to yourself so that you can give more to others?
48. What new belief could you take on to speed up your personal decision-making processes?
49. What do you already know for certain? Is that the truth?
50. List all the benefits that you got from completing this exercise, and what are your next Forward Steps?