

OPPORTUNITIES AND LESSONS LEARNED DURING A DIFFICULT TIME

1. I have had opportunities in the past that I didn't take advantage of.
 - What were these opportunities?
 - How much did you want them then?
 - What made you turn them down?
 - What would you do differently?

2. I have had opportunities in the past that I took advantage of.
 - What were these opportunities?
 - How much did you want them then?
 - What made you take advantage of them?
 - What did you learn from them?

3. I have the opportunity to learn from my mistakes and things that didn't go well.
 - What are the mistakes you're choosing not to make again?
 - What have you learned for the future?

4. I'm not the person I used to be, and I need to explore the person I am today.
 - Who did you used to be?
 - Who are you now?
 - What have you learned?

5. Now's my time to finally clarify what I want in my life or career.
What do you want?

6. I've been out of balance for a while and I need to get back to balance.
What's out of balance?
How do you get back to balance?

7. I've allowed my fears to stop me before, and now I need to move past them.
What fears have stopped you before?
How have you overcome them?
If you haven't, how will you overcome them now?

8. I've been avoiding some things in my life, and now it's time to take care of them.
What are these things?
What has kept you from addressing them in the past?
What will you do to take care of them now?

9. I've sabotaged myself or held myself back from success, and now I am willing and emotionally ready to be successful.
How have you held yourself back?

10. I have an opportunity to re-invent myself and create a new life.
How do you want to re-invent yourself?
How is that important for you?

11. I now have the opportunity to do something I've always wanted to do.

What have you wanted to do?

How will you do those things?

12. Now's my time to pursue my dreams.

What are your dreams?

What are the next steps?

10. I've learned a lot about myself in going through this time in my life.

What have you learned?

11. I have learned to have faith and trust in something greater (the Universe, God, Gods, the Source, the Light, the Force, etc.)

What do you need to have more trust and faith about?

What do you need to keep that connection?

12. I believe more in myself and see my positive qualities.

What are you seeing about yourself now?