



Five Minutes of Brutal Honesty

Writing things down helps to clear your mind, get focused, and prioritize things you want to do in your life. But sometimes, the fear that someone else might see what we write – in our journals, to-do lists, quick notes to ourselves – makes us censor what we write. We might do this subconsciously or be fully aware of it, but it does happen.

This is your opportunity to spend a few minutes being brutally honest with yourself. Read the questions below. Write down your answers. Think about them, reflect on them. When you are finished, take this piece of paper, tear it up, shred it up, and throw it out. No one will ever see what you wrote – but you'll have a chance to think about some important things in your life and gain perspective from them.

What makes you really happy in life? Do you do it often enough?

What makes you miserable?

What are some of your biggest fears? Would you feel more empowered, freed, and gutsy if you tried to overcome them?

What is missing from your life? What are you doing to fill this hole?

What things do you do that make you proud?

What things do you do that you wish you didn't? Why do you continue to do them?

What do you need in your life to make you happier – more money, thinner waist, better friends, less stress, something else? Do you really think that if you had what you think you are missing you'd be truly happier?

When was the last time you felt excited about your life? What can you do to feel this way more often?

What is the one thing in your life that you wish you could change?