

## **The 3 Bold Questions That Change Everything**



### **Where did I learn to believe this version of a good life?**

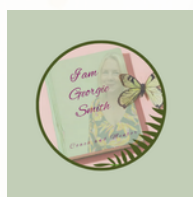
Because often, the version we're living was handed to us: by family, culture, work, or old expectations. This question invites you to gently challenge whether that definition still serves who you are now, in this chapter of your life. It helps you recognise inherited beliefs that may no longer fit.

### **If I stopped trying to please everyone else for just one week, what would I want?**

This is often where we realise how far we've drifted from our own needs. It invites honesty. Sometimes we don't even know what we want anymore because we've been so focused on holding everything together for others.

### **What would my most audacious, future self thank me for doing today?**

This question activates the part of us that still dreams. It pulls us out of fear and into possibility. It moves us from managing life to designing it.



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