

 Reflective Questions - 1 

- Find a quiet space. Sit. Take three (3) to five (5) deep breaths to clear your thoughts.
- Reflect on each question. Write down your responses. You should be pleasantly surprised of your accomplishments. No need to rush to answer all questions at once.
- Commit to taking even one (1) daily action that will bring you more success, good health, and happiness.

- 🌸 What **high-value proposition** do you own for high-value connectors to pay attention to you?
- 🌸 What does **help** look like for you?
- 🌸 Have you paused to **reflect holistically** on where are you and where you want to be? What are you doing well on? What areas need work? What resources do you need to progress?
- 🌸 What are your top five (5) **strengths**? Which of your top strengths are you using most today? Which strength are you improving today?
- 🌸 **#2022KindnessChallenge**: Carefully evaluate your **current actions** and identify even one (1) activity that you can do to foster fruitful opportunities for those **less privileged**.
 - a. Ask yourself, how will your action make a significant impact on someone's life?
 - b. What will you do with your remarkable gifts to support **#Inequality**?
- 🌸 **Gratitude reflection**
 - a. Who or what are you taking for granted?
 - b. Who or what are you grateful for?
 - c. Are your **Words, Thoughts, and Actions in harmony** in expressing your gratitude?
- 🌸 What **words, thoughts, and deeds** will you use today to **rejuvenate** your body, mind, and soul?