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## EMPOWERING QUESTIONS TO ASK YOURSELF



**1. What specific action,  
no matter how small,  
can I take right now  
to move forward?**



**2. What evidence do I have  
that supports this  
negative belief?**



**3. Who can I trust to  
offer me support  
and encouragement?**



**4. What are my past  
successes that demonstrate  
my resilience and ability  
to overcome challenges?**

# 12

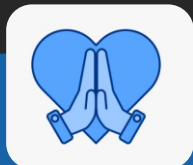
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**5. What would I tell a friend who was experiencing these same doubts?**



**6. What is the worst-case scenario, and how likely is it to actually happen?**



**7. What are three things I am grateful for in this moment?**



**8. What are my core values, and how do my current thoughts and actions align with them?**

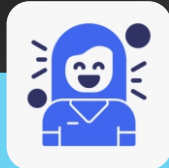
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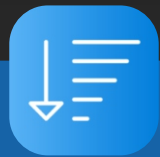


**9. What would it feel like to achieve this goal?**

**How would it impact my life and the lives of others?**



**10. What is one thing I can do today to celebrate myself and my progress, no matter how small?**



**11. How can I break this task down into smaller, more manageable steps?**



**12. How can I make the desired behavior incredibly easy to do and the undesirable behavior incredibly hard to do?**