

**I can only make one person
happy per day.**

Today is not your turn.

**Tomorrow doesn't look very
good either.**

5 Defining Questions

Things to Consider for Your Health, Wealth, Relationships and Future.

(A Life Coach can be very helpful)

- 1) What do you 1Really, 2Really, 3Really, 4Really want?
The 4 Really's are: What you desire, What you are willing to ask for, What you truly intend to create in your life and What you are passionate about.
- 2) Why do you want it?
- 3) What is holding you back (or has held you back) from getting there?
- 4) What will your life be like once you get there?
- 5) What personal qualities would someone need to possess to effortlessly create the outcomes you desire? To identify your growth opportunities, rate yourself from 1-10 on these qualities.

Courtesy of Mack Arrington, PCC • Executive and Life Coach
TheCoach@MackArrington.Com • Office: 336.856.1600