

# Questions for 2019-2020

*By Marie Tolman*

Today the final curtain closes, on act 2019 marking the end of a decade. Clearing the stage for the Greatest Show in Entire History of Your Life. Ready for the for a new chapter yet to be written, perhaps some of us have a draft for the greatest show on earth or a comprehensive script. Some questions for you to ponder on.

1. What have been your greatest lessons in the last decade?
2. How will they strengthen your life for next chapter?
3. What are you truly grateful for?
4. What difference did you make in the lives of people whom you share your life with?
5. What were your most significant wins/ accomplishments?
6. What seeds (intentions) can you sow to ensure the fruitful harvest throughout 2020 and beyond?
7. What beliefs can you foster to cultivate a fulfilled life?

**If you could turn back time to 2010:**

1. What three things would you do differently?
2. What advice would give yourself (with knowledge and wisdom, your more mature self)?
3. Who would you become?

**Now coming back to present**

1. What do you need to let go of?
2. Who do you need to forgive (perhaps yourself)?
3. What are you truly grateful for?
4. What brings you joy and happiness? How can you do more of it?
5. What people support your life vision and celebrate you as a person? How can you connect with them more?
6. What people not serve you, who do you need to let go off?
7. What do you want to accomplish by 2030? How will you know you have accomplished it? Think about who can help you get there
8. What do you want more of?
9. What do you want less of?

10. What are your goals in each domain of your life;

- Spiritual
- Relationships
- Health
- Finances
- Personal and Professional Growth
- Emotional
- Environmental
- Physical
- Contribution

11. If your screen play (next ten years of life) was to have a title what would it be?

12. What do you need to believe in order for you to live a fulfilled life according to your life purpose?

13. How committed are you in making the next decade of your life, the very best, no matter what hurdles you come across?

With love, health, wealth, and hugs

Marie Tolman

Together Stronger