



what do I really want from life?

DAY TWO: QUESTIONS

What are the three qualities you most admire in yourself?

1. _____
2. _____
3. _____

What three qualities do you possess that you know other people admire in you?

1. _____
2. _____
3. _____

What's something you're really good at that you seldom get credit for?

What one thing is guaranteed to lift your mood?

What one thing is guaranteed to kill your mood?

What's one thing you're guaranteed to get really fired up about?

What's something hardly anyone knows about you, but you wish they did?

If each day in your life had a 25th hour and you HAD to spend that 25th hour doing something that makes your heart sing ... what would you spend that hour on?



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What do you stand for?

When you've answered all these questions take a step back from them and consider the picture you've just built of 'Who am I?'. Is the world seeing that person? If not ... why not?



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DAY TWO: KELLY'S ANSWERS

What are the three qualities you most admire in yourself?

- Drive, kindness, empathy

What three qualities do you possess that you know other people admire in you?

- Drive, productivity, kindness

What's something you're really good at that you seldom get credit for?

- Logistics!

What one thing is guaranteed to lift your mood?

- A song I like on the radio, my footy team winning, hearing my kids laugh

What one thing is guaranteed to kill your mood?

- My footy team losing, being patronised

What's one thing you're guaranteed to get really fired up about?

- Unfairness of any description

What's something hardly anyone knows about you, but you wish they did?

- I'm ridiculously shy ... not aloof and snobby!

If each day in your life had a 25th hour and you HAD to spend that 25th hour doing something that makes your heart sing ... what would you spend that hour on?

- Writing

What do you stand for?

- Fairness, kindness and helping people be their best selves

When you've answered all these questions take a step back from them and consider the picture you've just built of 'Who am I?'. Is the world seeing that person? If not ... why not?

- I reckon that yes, the world is definitely seeing this person :)

a life less frantic