

JOURNAL QUESTIONS

The Alpha Female

Feel free to use the space provided below and I encourage you to write further in your journals.

1. How do you self handicap?
2. Where do you lack self-confidence?
3. What areas in life do you need to create greater confidence?
4. Are you stopping your progress because you're overwhelmed by other's accomplishments?
5. How aware are you of your motivations each day?
6. What is your intention in your actions?
7. What do you feel in the morning? What excites you?
8. Are you in touch with who you are & why you do the things you do?
9. In your life, where are you at in terms of being aware of being turned outward too much, inward too much or finding true understanding for your needs?

10. Tell a story, perhaps of a moment when a belief was forged or tested or confirmed.
Be specific. It doesn't have to be heartwarming or gut wrenching -- it just has to be real.

11. Be brief. The shorter length forces you to focus on the belief that is central to your life.
While you may hold many beliefs – Write your main belief – aim for truth

12. Name your belief. If you can't name it in a sentence or 2 your essay may not be about a belief. Don't write a list. Focus on the core belief.

13. Be affirmative. Say what you do believe, not what you don't believe.

14. Be personal. Make your essay about you and speak in the first person.

15. What are the consequences of my decision in?
10 minutes?
In 10 months?
& In 10 years?

16. What is it that you want to accomplish in this world?

17. Are you doing what you need to do to manifest it?

18. Do you have clarity and specific goals – both physical and spiritual?

19. What steps are you taking to accomplish them?