

## Treasure Questions

1. What do you love? What are you over the moon about? What puts the light in your eyes, the fire in your belly, and makes you want to do a happy dance?
2. Who/what are some of the greatest sources of joy in your life?
3. What are you immensely grateful for? In what ways do you consider yourself totally rich?
4. What personal qualities or characteristics are you proud to have?
5. What's that "thing you've got" that makes you really you? What do you often get complimented on? What kind of situation brings out your truest colors?
6. What do you absolutely rock at? What is one of your favorite skills or abilities? What comes easily to you that other people find difficult? When do you find you are "in your element"?
7. What can people count on you for? What do you have a reputation for?
8. What values and beliefs do you hold dearly? What do you consider sacred?
9. What makes you feel brave, generous, and kind? What inspires you?
10. If you were to dedicate your time and energy to just one goal or purpose, what would it be? What do you feel called to do, be, or become?
11. If you could do or be anything in the world, what would it be?
12. What are some of the grand hopes and dreams you hold for your future? What are some of your immediate or short term goals?
13. What are you completely committed to and what price are you willing to pay in order to fulfill that commitment?
14. What changes would you like to make in your life? What would you like to change about yourself? What are some choices you could make to put those changes in motion?
15. How do you renew and replenish your sense of personal power?
16. What is the "stretch" you feel ready to make life? What do you feel ripe for learning? What would "going out on a limb" mean for you at this time?
17. Where do you go for inspiration, encouragement, or assistance when you need it? What do you need some help with at present?
18. What are you learning from your present circumstances and challenges? Who are your greatest teachers at this time in your life?
19. What do you have faith in? What do you *know in your bones* to be true about yourself, your life, and your future?
20. What you are saying "YES" to in your life?