

10Q

Q01

Describe a significant experience that has happened in the past year. How did it affect you? Are you grateful? Relieved? Resentful? Inspired?

Q02

Is there something that you wish you had done differently this past year? Alternatively, is there something you're especially proud of from this past year?

Q03

Think about a major milestone that happened with your family this past year. How has this affected you?

Q04

Describe an event in the world that has impacted you this year. How? Why?

Q05

Have you had any particularly spiritual experiences this past year? How has this experience affected you? "Spiritual" can be broadly defined to include secular spiritual experiences: artistic, cultural, and so forth.

Q06

Describe one thing you'd like to achieve by this time next year. Why is this important to you?

Q07

How would you like to improve yourself and your life next year? Is there a piece of advice or counsel you received in the past year that could guide you?

Q08

Is there something (a person, a cause, an idea) that you want to investigate more fully in the coming year?

Q09

What is a fear that you have and how has it limited you? How do you plan on letting it go or overcoming it in the coming year?

Q10

When September 20__ rolls around and you receive your answers to your 10Q questions, how do you think you'll feel? What do you think/hope might be different about your life and where you're at as a result of thinking about and answering these questions?