

ALIGNED WELLNESS

Digital Detox

Fifteen questions to reconnect with yourself.

A FREE RESOURCE

alignedwellness.ca

REFLECTION

Before You Begin

Put the phone down. Take a walk. Open a journal, or sit with a cup of tea.

Move through these questions slowly — one a day, one a week, or all in one quiet afternoon. There are no wrong answers. Only honest ones.

Fifteen Questions

1. What do you really, really want?
2. What is the main purpose of my life on earth?
3. What is the legacy I want to leave behind? What would my life have stood for?
4. What do I value above all else?
5. If you never had negative programming, what would you do with your life?
6. What lifestyle do I really enjoy?
7. What honestly inspires me most?
8. The truth is — I only really, really want this?
9. If I only had one thing to do that made me feel fulfilled, what would it be?
10. In my heart of hearts, what matters most?
11. If I only ever achieve this, I would be content with my life.

12. When I look back at my life, I know I would be happy because of this one thing.
13. When I feel truly inspired to get up in the morning, it is because...
14. I am honestly at my most happiness when I am doing what?
15. What is my real, ultimate purpose in life?

*There are no wrong answers.
Only honest ones.*

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