

Your Highest Potential

EXPLORING YOUR INNER WORLD

- 1) What is the purpose of life?
What makes life worth getting up for you?
- 2) Is what you are doing really what you yearn for? What is your dream?
- 3) If you only had one year to live, what would you do?
Why aren't you doing it now?
- 4) If you allowed people to really see you, _____.
- 5) What do you really want in your truest self?
My deepest longings are _____.
- 6) Can you stand for yourself and not put others first all the time?
What will allow that to happen?
- 7) Are you holding back or afraid because you feel someone or something has blocked you? What choices do you have?
- 8) Where have you been looking for what you want in the wrong places?
- 9) What are you afraid of?
Where in your body do you carry this fear?
- 10) How do your fears keep you trapped behind your mask?
- 11) What are your defense mechanisms?
- 12) When you are in control of your world,
what beliefs are in place that align you with reality?
- 13) When you are feeling out of control of your world,
what are the distorted thoughts and inaccurate interpretations
that are in place?

A supplement to the book:
Your Highest Potential: The New Psychology of Understanding and Working with Self

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