

INSIDE THE HAPPY MIND PODCAST

SPEAK UP!

COACHING WITH COACH BILLIE C. (CRUTCHER)

Writing Prompts for Journaling and Self-Assessment:

- What do I wish I had never stopped doing?
- What did I love doing as a child?
- What are my top spiritual gifts? (explore each one)
- Who Am I without any titles?



- What makes this goal/desire important for me?
- Whose voice am I listening to?
- Whose voice do I hear the most before I take action?
- What negative/false beliefs will I let go of?
- What makes my life fulfilling?
- What belief no longer serves me in the life I have now?



- What things would I like to create?
- What have all my experiences over a lifetime prepared me to do?
- Who are the people I want to help? Where do I see myself in 5 years?



- What would you do if you knew nobody would judge you? (make plans to do it)
- What excites you the most about life?



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