

# August Growth Questions

- 214 How is your inner circle supporting you to be your best version?
- 215 What positive habits would you like to cultivate?
- 216 How could you handle stressful situations better?
- 217 How can you decrease the comparison trap you have in your life?
- 218 What is one thing you want to accomplish in the next month? What is your plan of action?
- 219 What can you accomplish that doesn't depend on others?
- 220 How are you moving toward your goals today?
- 221 What message do you want to share with the world?
- 222 What wild things would you like to try?
- 223 What makes you feel powerful?
- 224 What are your greatest strengths?
- 225 What do you love about your current job?
- 226 What made you smile today?
- 227 What is a luxury you are thankful for?
- 228 What do you love about your family?
- 229 What does your ideal day look like?
- 230 What injustice do you feel most passionate about?
- 231 What do you need to hear right now?
- 232 What qualities do you look for in your friends? How has this changed throughout your life?
- 233 Are your current worries realistic?
- 234 What would happen if you gave yourself permission to just go for it?
- 235 How can you appreciate your worth?
- 236 How do you validate your emotions?
- 237 What's the role of gratitude in your life?
- 238 What do you need to boost your confidence?
- 239 Do the things you have guarantee your happiness?
- 240 What does a fun filled day look like to you?
- 241 What patterns do you see in your life that need to be addressed?
- 242 What is the primary emotion fueling your goals?
- 243 How have you grown in the last year?
- 244 What changes have you made in your life that has been for the better?