

101 Questions to Ask Yourself

Personal Excellence



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www.personalexcellence.co

About

Hi there! ☺ I'm Celestine Chua and my biggest passion in life is to help you achieve your highest potential and live your best life.

I'm the founder of [Personal Excellence](#), one of the top personal development blogs online with over 1.1 million pageviews a month. There you will find [over 800 top quality articles](#) covering many personal growth topics from Awareness & Growth, Goal Achievement, Relationships & People Skills, Habits, Emotional Mastery, Productivity and Getting Things Done, Purpose & Meaning, and many more.

This free ebook is a gift from me to you, for pursuing your growth. Thank you so much for being you and for being who you are. I'm very passionate about you and your growth, and I truly want you to get the best lessons so you can live your best life. I believe you'll find the content in this book very useful as you pursue your personal growth journey.

If you like what you read here, you are going to love all the other content in store for you at Personal Excellence. If you haven't already, [sign up for my free newsletter](#) where I'll be sending you free weekly tips to live your best life, delivered directly to your inbox.



Please sit back, relax and enjoy ☺. Feel free to pass this on to your friends or family to so all of us can grow in excellence together!

A handwritten signature in black ink, appearing to read 'Celestine Chua'.

Founder, Personal Excellence – www.personalexcellence.co

101 Important Questions To Ask Yourself

"The key to wisdom is knowing all the right questions." - John Simone



What questions do you ask yourself every day?

Believe it or not, the kind of questions you ask determine the kind of life you lead. That's because your questions trigger its own set of answers, which lead to certain emotions, which then lead to certain actions (or inactions), followed by results. If you ask yourself limiting questions, you'll get limited results. If you ask yourself mind-opening, forwarding questions, you'll gain a lot more out of them.

Some people like to ask questions like "Why am I so unlucky?", "What if I had done this earlier?" and "Why am I always in such a situation?". Because these questions are backward looking, the answers you get with them are naturally disempowering. On the other hand, questions like "What can I learn from this experience?", "What can I do differently move forward?" and "What am I grateful for?" are empowering. They provoke you and get you thinking, putting you on the path to a better life.

If you're someone who normally doesn't self-reflect, you might be stumped by questions. However, this is perfectly normal. I remember when I was a small primary school student, the teacher asked us how we would describe ourselves. The question got me stumped, because I had never thought much about it. It took me some time to find some meaningful adjectives to describe myself, but even then they didn't seem right. That was one of the starting points of my self-exploration journey. Somewhere along the way, I became a big fan of introspection, enjoying the process of self-reflecting and thinking over questions.

Today, I believe questions are a key to self-awareness and personal growth. In my 1-1 coaching sessions, I enable my clients to discover the answers

to their goals/questions by asking them the right questions. It'd be easy if I just tell my coachees what they "should" do and what they "should not" do. But that's not the point. It's about empowering my clients to discover themselves through asking the right guiding questions, catered to their situation and their profiles. The right questions will help them untangle the blockages in them and [connect with their inner self](#).

It doesn't matter if you get stumped in the beginning, or if you don't know the answers to the questions at first. Our minds are boundless. Just because you don't get an answer immediately, it doesn't mean there are no answers. The answers are there -- it's just that your mind is too foggy since you've not consulted it before. The more you ask, the clearer your mind will be, and the more ready you'll be to receive the answers.

Here are 101 important questions for your self-reflection, by yours truly. Many are questions that I ask my 1-1 clients during our coaching sessions to help them uncover their inner self. These questions will help you focus on what's important to you and what you want. They are not meant to be answered all at one shot -- they are to be reflected duly over time, as part of your growth journey. Pick out a few questions to reflect on today, then bookmark and check back a week later to think over the others. Check back regularly to reflect on the questions.

Remember, there is no one final answer. It's a continuous discovery process. Your answers to the questions today will be different from your answers one month, three months, six months, and one year down the road. Add these important questions to your [weekly review sessions](#). This is a highly important article for your growth journey.

Here they are:

1. Who are you?
2. What are you passionate about?
3. What are the achievements you are most proud of?
4. What are you most grateful for in life? (Day 14 of [Live a Better Life in 30 Days Program](#) is about expressing gratitude.)



5. What are the most important things to you in life?
6. How would you describe yourself?
7. What are your values? What do you represent? What do you want to embody? (On Day 15 of [Live a Better Life in 30 Days Program](#), you will identify your values.)
8. Do you love yourself?
9. ... Why or Why not?
10. How can you love yourself more today?
11. What is your ideal self? What does it mean to be your highest self?
12. Look at your life now. Are you living the life of your dreams?
13. If you have one year left to live, [what would you do](#)?
14. If you have one month left to live, what would you do?
15. If you have one week left to live, what would you do?
16. If you have one day left to live, what would you do?



17. If you have an hour left to live, what would you do?
18. If you have one minute left to live, what would you do?
19. What would you do today if there is no more tomorrow?
20. What are the biggest things you've learned in life to date?



21. What advice would you give to yourself 3 years ago?
22. If you are yourself 1 year from the future, how would you advise the you now? (On Day 22 of [Live a Better Life in 30 Days Program](#), we travel to the future to give advice to the us today.)
23. Is there something you're still holding on to? Is it time to let it go?
24. What are you busy with today? Will this matter 1 year from now? 3 years? 5 years?
25. What are your [Quadrant 2](#) tasks?
26. What opportunities are you looking for?
27. How can you create these opportunities?
28. What are your biggest [goals and dreams](#)?

29. What's stopping you from pursuing them? ...Why? How can you overcome them?

30. If you are to do something for free for the rest of your life, what would you want to do?

31. What would you do if you cannot fail; if there are no limitations in money, resources, time or networks?

32. What do you want to achieve 1 year from now?

33. ... 3 years?

34. ... 5 years?

35. ... 10 years?

36. How important are these goals to you?

37. What if these goals are doubled? Tripled? Magnified by 10? How would you feel? Would you prefer to achieve these or your previous goals?



38. Who are the people who have achieved similar goals? ... What can you learn from them?

39. Are you putting any parts of your life on hold? ... Why?

40. What's the top priority in your life right now?

41. What are you doing about it?

42. If you were to die tomorrow, what would be your biggest regret? What can you do now to make sure that doesn't happen?

43. For every experience you get: What are the biggest things you have learned?

44. How can you do this better the next time?



45. If you have 1 million dollars, what will you do with it?

46. Do you love your job?

47. What is your ideal career?

48. How can you start creating your ideal career starting today?

49. What is your ideal diet?

50. What do you need to do to achieve your ideal diet?

51. What is your ideal home like?

52. What do you need to do to achieve your ideal home?

53. What is your ideal physical look?

54. What do you need to do to achieve your ideal physical look?

55. What is your ideal life?

56. What can you do to start living your ideal life?



57. What would you want to say to yourself 1 year in the future?

58. ... 3 years?

59. ... 5 years?

60. ... 10 years?

61. What do you fear most in life?

62. Is there anything you are running away from?

63. Are you settling for less than what you are worth? ... Why?

64. What is your inner dialogue like? (Day 26 of Be a Better Me in 30 Days Program is about uncovering your limiting thoughts.)

65. What limiting beliefs are you holding on to?

66. Are they helping you achieve your goals?

67. If not, is it time to let them go?

68. What empowering beliefs can you take on to help you achieve your goals?

69. What bad habits do you want to break?

70. What good habits do you want to cultivate?

71. What are the biggest actions you can take now to create the biggest results in your life?

72. Where are you living right now - the past, future or present?

73. Are you living your life to the fullest right now?



74. What is the meaning of life?

75. What is your purpose in life? Why do you exist? What is your mission?

76. How can you make your life more meaningful, starting today?

77. What drives you?

78. What are the times you are most inspired, most motivated, most charged up?

79. What did you do during those times? How can you do more of that starting today?

80. How can you change someone's life for the better today?

81. Who are the 5 people you spend the most time with?

82. Are these people enabling you or holding you back?

83. What qualities do you want to embody? (Refer to Q7: Values and Q11: Ideal Self) Where can you meet people who embody these qualities?

84. Who inspire you the most?

85. How can you be like them?



86. What is your ideal life partner like?

87. Where can you find him/her?

88. How can you get to know him/her?

89. Are you afraid of letting others get close to you?

90. ... Why?

91. Who is/are the most important person(s) to you in the world?

92. Are you giving them the attention you want to give?

93. How can you spend more time with them starting today?



94. What kind of person do you enjoy spending time with?

95. How can you be this person to others?

96. Who do you want to be like in 1 year?

97. ... 3 years?

98. ... 5 years?

99. ... 10 years?

100. Who are your mentors in life? (formal or informal)

101. What is one thing you're going to do differently after reading this article?

Get the manifesto version of this article: [The Self-Reflection Manifesto](#)

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Afterword

The content in this book is just the icing on the cake. If you have enjoyed this book and found it useful, you will surely love all the other articles at Personal Excellence. Many readers continually feedback on how they have benefited tremendously from reading the site and how it's a staple for their personal growth. Here is a list of articles to get you started:

Life Purpose

- [Are You Sleepwalking Your Life Away?](#)
- [Discover Your Real Purpose](#) (7-part series)
- [How To Know What You Want To Do In Life](#)
- ['How Do You Know If Your Life Purpose Is For Life \(and Not Short/Medium-term\)?'](#)

Conscious Living

- [101 Ways To Live Your Life To The Fullest](#)
- [101 Important Questions To Ask Yourself in Life](#)
- [101 Life Principles To Live By Every Day](#)
- [What Is Your Consciousness Level? \(Map of Consciousness\)](#)
- [Finding Your Inner Self](#)
- [Increase Your Mental Clarity in Just 15 Minutes](#)
- [Create Real Change In Life: Address Root Cause vs. Effects](#)
- [Are You Facing Repeating Patterns in Your Life?](#)
- [If Your Life Was a RPG, What Type Of Character Would You Be?](#)
- [Vicarious Living: Why Watching Shows or Playing Games Can Sometimes Set Us Back in Growth \(and How To Deal with That\)](#)
- [Are You a Self-Help Junkie?](#)
- [What Are You Running Away From?](#)
- [What Childhood Stories Are You Reenacting Today?](#)

Goals Setting

- [6 Important Reasons Why You Should Set Goals](#)
- [How to Make Your Vision Board](#)
- [Keep Your End Objective In Mind](#)
- [101 Things To Do Before You Die | Manifesto version](#)
- [To Get What You Want, First Admit You Want It](#)
- [Know your WHAT first, then Devise your HOW](#)
- [When Goals Stop Working](#)

Goal Achievement

- [Successful Goal Achievement: ESPER](#) (7-part series)
- [Is Your Goal Worth 30 Minutes of Your Time Every Day?](#)
- [How Long Would You Spend to Teach Your \(Future\) Baby to Walk, Before Giving Up?](#)
- [From 6-Figure Debt to \\$20,000/Month Revenue \(The 21-Day Incubation Period\)](#)
- ["Is It Too Late to Pursue My Dreams?" \[Video\]](#)
- [The Superstar Effect: How to Get Maximum Results When You Have Too Many Ideas](#)
- [The Market Leader Effect: Where Winner Takes All](#)
- ['How Do I Take My Goals Seriously Enough To Achieve Them?'](#)
- [The Power of Little Changes](#)

- [Are You Self-Sabotaging? \(Understanding Self-Sabotaging Behavior and Breaking It\)](#)
- [7 Limiting Beliefs Keeping You from Living Your Best Life](#)

Life Management

- [The Howling Dog Story](#)
- [You Always Have A Choice](#)
- [You are the CEO of Your Life](#)
- [Get Your Big Rocks In First](#)
- [Create Your Life Handbook](#)
- [Write a Letter To Your Future Self | \[Video\]](#)
- [Are You Putting Any Parts of Your Life On Hold?](#)
- [How Are You Faring In Your Life Now? – The Life Wheel](#)
- [When Life Throws You Curve Balls: How To Manage Uncertainty](#)
- [How To Make Life's Hardest Decisions: 3 Useful Decision-Making Methods to Solve Current Dilemmas](#)
- [How to Stop Analysis Paralysis and Make \(Great\) Decisions Quickly](#)

Emotional Mastery

- Stress:
 - [55 Tips to Manage Work Stress | Manifesto version](#)
 - [The Night I Cried](#)
 - [I'm a failure.](#)
 - [Why I Got Depressed Writing My Latest Book: Your Guide Through Development Hell](#)
- Disappointment: [How To Deal With Disappointment](#) (series)
- Happiness and Positivity:
 - [10 Timeless Principles for Lasting Happiness](#)
 - [10 Surefire Ways To Be Unhappy in Life](#)
 - [How to Stay Positive All the Time \[Video\]](#)
 - [Are You Focusing on the Black Dot?](#)
 - [How to Stop Worrying about Things You Can't Control](#)

- [10 Important Tips to Finish What You Start](#)
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Productivity

- [8 Habits of Highly Productive People](#)
- [Become the Master of Your Time](#)
- [Put First Things First](#)
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- [Upgrade Your Tools \(How I Gained 10 Hours/Wk, Every Wk\)](#)
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- [Why Perfectionism Isn't Good and How To Overcome It](#) (series)
- [Declutter Your Home in 8 Easy-to-follow Steps](#)
- [Law of Diminishing Returns](#)
- [How To Overcome Procrastination](#) (5-part series)
- ["I'll do this tomorrow." 5 Procrastination Lies We Tell Ourselves. Debunked](#)
- [How to Achieve More With Less In Life Using 80/20 Principle](#) (3-part series)
- [Self Discipline is Overrated](#)
- [The Best Productivity System There Is](#)

Relationships & People Skills

- [7 Tips To Tackle Naysayers in Your Life](#)
- [You are the Average of the 5 People You Spend the Most Time With](#)
- [Why I Parted Ways With My Best Friend of 10 Years](#)
- [How To Move On From a Heartbreak](#) (5-part series)
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- [Is It Possible To Let Go of Unhappy Past Forever?](#)
- [The Science of Happiness \[Infographic\]](#)
- Anger: [How To Deal with Anger](#) (series)
- Grief:
 - [‘My Father Just Passed Away and It Seems Pointless that He Isn’t Around Anymore. What Should I Do?’](#)
 - [How To Comfort Someone When You Both Know Their Life Will End Soon](#)
 - [The Day My Pet Died: How to Cope When Your Pet Passes Away](#)

Habits

- [21 Days To Cultivate Life Transforming Habits](#)
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- [Why I Wake Up Early \(And 9 Reasons You Should Do So Too\)](#)
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- [Do You Have a Morning Ritual?](#)
- **Quit Soda:** [5 Reasons To Quit Drinking Soda \(& How To Do It\)](#)
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