

## 5 Day Challenge – QUESTIONS ABOUT YOURSELF

### DAY 1 – OBSERVE YOURSELF

In which activity do you feel at one with yourself and your capabilities and potential?

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### DAY 2 – APPRECIATE YOURSELF

What is the most precious thing about yourself?

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### DAY 3 – REFLECT – ABOUT YOURSELF

What is missing in your life?

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### DAY 4 – THE GOOD DAY

When do you feel at ease?

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### DAY 5 – A COMPLETELY DIFFERENT QUESTION

Which songs or music do you like a lot? What does that say about you as a person?

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