



Question 1: Stand up straight with your shoulders back

How do I project confidence and strength in my daily interactions?

Consider how your posture and body language influence your self-perception and the way others perceive you. Reflect on specific interactions where your posture might have affected the outcome.

Question 2: Treat yourself like someone you are responsible for helping

Am I taking care of myself as well as I take care of others?

Examine your self-care routines. Are you as compassionate and diligent with your own well-being as you are with friends or family? Identify areas where you might improve your self-care.

Question 3: Make friends with people who want the best for you

Are my relationships supportive and encouraging?

Reflect on your social circle. Are your friends and acquaintances uplifting and positive influences? Consider if there are any relationships that are holding you back or negatively impacting your life.

Question 4: Set your house in perfect order before you criticize the world

Have I addressed my own issues before pointing out others' flaws?

Look internally and assess if there are areas in your life that need improvement. Recognize any tendencies to deflect attention from your own shortcomings by focusing on others' faults.

Question 5: Pursue what is meaningful (not what is expedient)

Am I focused on meaningful long-term goals or just short-term gains?

Evaluate your personal and professional goals. Are you prioritizing actions that lead to long-term fulfillment and purpose, or are you often sidetracked by immediate, but less meaningful, rewards?