

# 8 Daily Questions

### **Showing Up**

- 1. What am I grateful for?
- 2. Who do I love?
- 3. Why am I so happy?

### Stepping Up

- 4. What am I most committed to?
- 5. How committed am I?

### **Giving Back**

- 6. What is my intention?
- 7. What is my wish?
- 8. Why am I here?

# I choose my state of being today will be: