

Maryann's Favorite Questions

1. Is this truth for today?
2. Is this thought, decision, or issue helping or hurting me?
3. How will my life look different in 3 months, or a year if I do _____?
4. What's the first step?
5. How can I break this down?
6. What could I do differently?
7. What do I hope to accomplish by having this conversation?
8. What's stopping me?
9. What do I really want?
10. What has to happen for me to feel successful?
11. What do I sense God saying?
12. What is my ideal outcome?
13. What might I not be facing?
14. What is the decision I am avoiding?
15. Why am I avoiding this?
16. Who can I ask for help?
17. What am I grateful for?
18. How has God blessed my life today?
19. When I attain this goal, what will it look and feel like?
20. What may be missing here?
21. What am I denying myself right now? Why?
22. What do I need to put in place to accomplish this _____?
23. What do I still need to know about this?
24. What is the one thing I need to focus on to get where I need to go?
25. Does this align with my core values?
26. What is this costing me?
27. What am I afraid of happening?
28. What is the likely hood of this really happening right now?
29. If I conquer this fear today, what might God want to teach me through it?
30. What is this fear saying to me and about me? Is it truth, does it line up with who God says I am?
31. What will this look like if I keep doing the same thing for the next 5 years?
32. What does my soul say?
33. What does this feeling remind me of?
34. What keeps getting in the way of me moving forward?
35. What is the worst that could happen?