



THINKING DAY QUESTIONS

An aerial view of work and life

Use these questions to reflect on the past month

WORK

1. What was my key achievement?
2. What was the biggest challenge?
3. What did I learn?
4. How did I feel overall?
5. What are my initial thoughts for next month?
6. What were the most important projects I worked on?
7. Of what work am I the most proud?
8. What new relationships started?
9. What project took the most time?
10. What project/work did I enjoy the most?
11. What is my ongoing work?
12. What project or conversation am I avoiding?

LIFE

1. What character trait would I like to further developed in the upcoming month?
2. What questions do I have for God?
3. What project or conversation am I avoiding?
4. What is weighing me down, causing me stress or demanding too much?
5. What is making me feel light or bringing me joy?
6. What do I want to put more time into next month?
7. What books do I want to read?
8. What do I want to opt into? Opt out of?