

Wishful Thinking Ways

Questions to go!

1. Time of day you feel most comfortable?
2. Favorite food(s)? Why?
3. Food(s) you love to make? Why?
4. Favorite color(s).
5. Place(s) you liked to hang out in your neighborhood or yard as a kid. What were you doing?
6. Board or card game you enjoyed playing as a kid.
7. Favorite book(s) as a kid.
8. Favorite holiday.
9. Favorite holiday tradition(s).
10. Sister or brother you have the most fun with?
11. Favorite relative(s)?
12. Best teacher(s)?
13. Favorite car. How did you get it?
14. First job?
15. You usually go to sleep around _____ p.m. and wake-up at _____ a.m.
16. Favorite vacation as a kid. As an adult. Why?
17. Favorite childhood friend?
18. Favorite meal as a kid? Why?
19. Names of kids you hung out with when you were 7-11 years old?
20. The first two things you would do if you won the lottery?
21. Favorite room in your house now? Why?
22. Favorite piece of furniture?
23. What are you most proud of? Why?
24. Favorite room(s) in your house as a kid?
25. Favorite piece of clothing(s) now? Why?
26. Best job you ever had. Why?
27. Your hero or an important mentor. Why?
28. What did you love to do or play outside as a kid?
29. Favorite clothes or outfit as a kid?
30. Funny memory that always makes you laugh?
31. Best memory with your kids?
32. Favorite movie? Why?
33. Favorite TV show? Why?
34. Favorite movie scene(s)?
35. Favorite TV show scene(s). Why?
36. Favorite pet(s)?
37. Favorite childhood memory(ies)? Why are these memories important to you?
38. Describe where you'd like to go on vacation if money was no object. What would you be doing?
39. If money was no object, where would you like to live? Why?
40. If failing was impossible what would you do?

Now review your "Why" answers and use them to fill in the following blanks. I want my life to have lots of

_____, _____,

_____, _____,

and _____ with

_____!

Your sentence may not make perfect sense, and that's okay, but it should give you insight to what you enjoy and care about. Now, figure out *one simple thing* could you do to make sure you get some of the things you listed in the next few days.

For more of life coach and motivational speaker Patrice Koerper's free 12 week series on Wishful Thinking Ways for creating the life you really want visit:

www.wishfulthinkingworks.com.