

## ANNUAL LIFESTYLE QUESTIONS FOR LIVING YOUR BEST LIFE

Courtesy of [KathrynBechen.com](http://KathrynBechen.com)

*“A journey of a thousand miles begins with a single step.”* -- Lao-Tzu

Feeling stuck in life? At the end of every year, I like to ask myself these questions so I can improve my life for the upcoming year, but this exercise can be done at any time of the year, twice a year, or even quarterly to stay on track well throughout the year too. Any areas I am not currently satisfied with I ask myself what *action steps* I can take for change to *consciously create* my best lifestyle. It's up to me! *Ditto you*. More suggestions/instructions at the end.

Have fun! *Kathryn* 😊

*“When making your choices in life, do not neglect to live.”* --Dr. Samuel Johnson

### GENERAL LIFESTYLE CHOICES TO GET YOU STARTED

If money were no object, what would your lifestyle be like?

Where would you live?

Where would you vacation?

Where and what would you eat?

What clothes would you wear?

Where would you work and how many hours per day/week?

What would you do with your non-working time?

What people would you want around you?

Where do you want to be in five and ten years?

## FAITH

Do you believe in God?

How strong is your faith in God?

If your faith feels weak, what can you do to improve it?

If your faith feels strong, why do you think that is and what can you do now and in the future to continue to grow in faith?

Do you do anything to help others with their faith and if so, what?

Are you a member of a faith community? If not, how can you find one that feels right *for you*?

## HOME

Are you happy with where you live?

What makes you happy about your home?

If your home feels too cluttered, too small, too big, or too whatever to you, what affordable steps can you take *right where you live now*, to improve that?

What are your frustrations with your current home?

What would you like your home to look like within one year?

Do you have any BIG goals for your home?

Do you want to move? If so, where do you want to move to and what steps are you taking towards that goal?

Where do you want to be living five and ten years?

## ENTERTAINMENT

What do you enjoy doing in your free time?

How much time do you spend doing the things you want to do?

What is your favorite way to spend an afternoon?

What is your favorite way to spend a weekend?

If you aren't spending your weekends as you would like, why not?

What are you not doing now that you would *really* like to do? Why not?

Where would you like to vacation within the next year?

What is your ideal way to spend an extended vacation?

Do you have any BIG travel or entertainment goals?

## **WARDROBE AND BEAUTY**

Is your overall appearance important to you?

Do you dress the way you would like to?

Does your hair, skin, and makeup look the way you would like it to?

What frustrates you about your hair and makeup?

What do you like about your hair and makeup?

Are you happy with the way you present yourself both in public and at home?

Of your current clothing in your closet, what percentage do you wear on a regular basis?

What frustrates you about your wardrobe?

What do you like about your wardrobe?

Do you have a role model that you would like to dress similarly to? If so, what is it about their style that you like?

If you had a professional wardrobe, hair, and makeup stylist on call, what would you tell them?

If you could go to a spa on a regular basis, what treatments would you get?

Do you have any “ultimate” goals regarding your appearance?

What do you hope to look like in five and ten years? At age 80, 90, or even 100?!

## **FOOD**

Do you cook at home?

Do you enjoy cooking? If not, why not?

Do you want to improve your cooking skills? If so, do you plan to take classes?  
Learn from a family member? Learn from a private chef?

How often do you dine out and where?

Where would you like to eat out?

Is eating a pleasurable experience for you to be savored or a necessity to live?

If you had a personal live-in chef, what would you have him/her cook for you?

Do you sit and enjoy meals at a well-set table? On an attractive tray?

If you are unhappy with your dining habits, what can you do immediately to change them?

Do you have any “ultimate” goals regarding cooking and dining?

## **MONEY**

Do you keep track of your spending?

Do you have a process and schedule for paying your bills?

Can you say how much you earn and owe quickly?

Do you know your net worth?

Do you spend less than you make?

Are you saving for an emergency regularly?

Are you putting away money for retirement?

Do you like making money or is it a necessary evil?

Do you like getting bargains or do you just like to get what you need and be done with it?

What is your financial goal for one year from now?

What is your BIG financial goal?

## WORK

Are you happy with your current line of work/career?

If not, what steps can you take to make it better or get a new position?

Are you happy with your length of commute? If not, can you take a more scenic route? Take public transportation so you can work on the train or bus? Work from home? Change jobs to a location nearer where you live?

Do you intend to do the same career you are doing now in five or ten years? If not, what steps are you taking to change to something different?

Would you like to be self-employed? If so, what steps can you take now towards that goal/dream?

Do you think you will look back at age 60 or 70 and say “*I am SO glad I chose the career I did!*” If not, what can you do today to change to a new career that you feel *will* enable you to say that when you’re that age?

## FRIENDS/SOCIAL/EXTENDED FAMILY

Do you have the right quality and number of friends *for you* at this life stage? If not, what steps can you take to change that?

Are you participating in social events that are life-enhancing for you or are they draining you/have they started to feel like an obligation you no longer want to attend? If so, what can you do to change that so you can move forward in personal growth?

Are you getting enough solitude/thinking time for *your* personality/needs?

Are you happy with the amount of time spent with extended family, your mate, kids etc., and if not, what can you do to change that?

## EVALUATE-PLAN-IMPLEMENT

1. Go back and review your answers.
2. Evaluate where you are happy and where you are frustrated.
3. Look for simple ways to improve your lifestyle immediately and implement them.
4. Look for areas that you want to improve but need more time, effort, or money to do that. Set your goals and dates of completion.
5. Start *small action steps* towards the bigger longer-term goals.
6. Celebrate!

If you think/say to yourself, “*I can’t do that!*” stop and ask yourself, “*Why not?*” Eventually you’ll identify the hurdle/barrier, and once you do, you can *take positive action*. Remember, where there’s a will *there’s a way!*