

**Quality Questions Create a Quality Life**

*“Our live experience is based on what we focus on. The following questions are designed to cause you to experience more happiness, excitement, pride, gratitude, joy, commitment, and love every day of your life. Remember, quality questions create a quality life.” - Tony Robbins*

**1. What am I happy about in my life now?** *What about that makes me happy? How does that make me feel?*

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If you're not so happy right now, then what *\*could\** make you happy? How would that make you feel?

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**2. What am I excited about in my life now?** *What about that makes me excited? How does that make me feel?*

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If you're not so excited about anything in your life right now, what *\*could\** make you excited? How would that make you feel?

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**3. What am I proud about in my life now?** *What about that makes me proud? How does that make me feel?*

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If you're not so proud about anything in your life right now, what *\*could\** make you proud? How would that make you feel?

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**4. What am I grateful about in my life now?** *What about that makes me grateful? How does that make me feel?*

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If you're not so grateful about anything in your life right now, what *\*could\** make you grateful? How would that make you feel?

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**5. What do I enjoy in my life right now?** *What about that do I enjoy? How does that make me feel?*

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If you're not enjoying anything in your life right now, what *\*could\** you enjoy? How would that make you feel?

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**6. What am I committed to in my life right now?** *What about that makes me committed? How does that make me feel?*

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If you're not so committed to anything in your life right now, what *\*could\** you be committed to? How would that make you feel?

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**7. Who do I love? Who loves me?** *What about that makes me loving? How does that make me feel?*

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If you don't love anyone in your life right now, who *\*could\** you love? How would that make you feel?

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