**Questions to Self**

**Please complete and email back to me by June 18th.**

**juliepaquettemsw@gmail.com**

1. What would you like to receive from our time together?
2. What do you fear the most in your life?
3. What causes you the most suffering?
4. What beliefs do you have that continues to be challenged in your life?
5. Who do you believe is the cause of your suffering?
6. What / Who do you struggle to forgive or have compassion for?
7. What beliefs do you hold true that help you endure or shift out of suffering?
8. What has helped you in the past accept each moment for its true value/purpose?
9. What brings you the most joy/happiness in your life?
10. Do you have a daily practice, or moment to moment practice that keeps you centered?
11. What situation/event continues to happen again and again in your life that you can’t seem to change?