

Cheryl Richardson's 8 Questions

The following questions come from a great book called Life Makeovers by Cheryl Richardson. Here are the top 8 questions to ask yourself daily – in writing, to show your brain you mean it:

This morning I feel...

I'm always daydreaming about...

My nagging inner voice keeps telling me to...

The thoughts that roll around in my head are...

My soul longs to...

What I'm most afraid of is...

My inner critic tells me...

What I'm most grateful for is...

It may interest you to know, or not, that I have met Cheryl Richardson - she's very real and joy-filled.

When you read the book and apply her self care strategies across all parts of your life, you'll understand why. She pays attention, walks her talk and lives her truth.