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# QUICK PERSPECTIVE “PAUSE.”

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ASSESSMENT | No. AD102  
**SELF REFLECTION**

## **8 QUESTIONS** to Initiate Self Reflection & Perspective

**Remember:** It always starts with a thought...

Your client, family or friends might need some help envisioning what she or he wants to achieve. As a leader or mentor, you can assist by offering perspective. Some of the following questions are helpful in getting the client to engage in self-reflection.

1. What is your personal goal?
2. What about your professional life? What would you like to achieve?
3. If you won the lottery, would you move? How would your lifestyle change?
4. If you were on your deathbed, what would be your biggest regret?
5. In what ways are you enjoying life?

6. What would make you appreciate your life more?
7. What dreams have you discarded because you didn't think they were possible?
8. What goals have you put off because you were waiting for something or someone to start it for you?

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We just want to say **WAY TO GO** on completing this exercise and creating more possibilities and opportunities for yourself by advancing your skillset!

**At The Distinction Agency we don't just teach concepts, we develop people in operating from their higher self while producing elite and powerful results. Contact us today 917.994.1772 or visit at [www.thedistinctionagency.com](http://www.thedistinctionagency.com)**

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**Start these new habits  
TODAY and PRACTICE living  
effectively, happy and healthy!**



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Remember The Distinction Agency is always available to support you or answer any questions. Please reach out if you don't understand anything, have any concern, any ya but's, how about- or what if's. Or you just don't like doing things alone and want somebody there, we can be that person for you.