

For Love, would you move away and never see your friends or family again?

If you were to die tonight, what would you most regret not having said? Why haven't you said it already?

When is the last time you forgave someone who hurt you in some way? Can you do so again today?

When was the last time you acted on your intuition? Can you do so for Love today?

When was the last time you paused in wonderment over something "normal" or familiar? Can you do so again now?

When was the last time you gave something away that you treasured? Can you do so today?

When was the last time you gave to another anonymously? How can you do so again today?

When was the last time you chose to be grateful for your life's challenges and their lessons? Can you do so again today?

When was the last time you were openly kind to a stranger? Can you do so again today?

If you could spend one year in perfect Happiness but not remember it, would you?  
... How Important are your memories compared to your present moment?

If forced to leave your Homeland, where would you go and why? If given an open ticket, what is the first place you would visit? What good could you accomplish there that you might not be able to do where you currently are?

If forced to choose between personal happiness and job-happiness, which would you? What is Happiness to you?

Whom do you Admire and why?

If you could gain any superpower (flight, x-ray vision, ESP, etc.), what would you choose? What good would you do with it?

If you could enhance/obtain any one character trait, what would you choose? How would it make you a more powerful force for Kindness in the world?

If you could acquire any possession, what would you choose? What good would you do with it once you had it?

How Trustworthy and dependable are you? Do you ever gossip?

For a prize (e.g. a week-long dream vacation) would you pull the wings off a butterfly? smash a cockroach? kill a cow with a knife? crush a hummingbird? shoot a person? What is the difference between selfishly killing an insect for personal benefit and killing a human being for the same?

If God came to you in a vision and commanded you to perform a particular task... what would you do?

Would you Give your Life today for a friend? your child? a stranger? a cause?

Have you ever hated anyone or anything? Why?

... Can you identify the fundamental fear underlying that hatred?

Would you rather keep \$1,000,000 or give away \$100,000,000? If the latter, to what one person or agency would you give it?

If you knew the world would end in one week, what would you do?

What has been your greatest accomplishment? Who helped you (or what enabled you) to accomplish it?

If you were guaranteed to succeed, what profession would you want to have? What good would you want to accomplish in that job?

What is the one item you would save from your burning house? What good would you do with it afterwards?

Your Loved one is paralyzed and in pain and asks to be killed – would you assist them? Can you see the purpose within common tragedies?

When was the last time you sang to your Self? Do so again now ...

When was the last time you laughed heartily? Do so again now ...

When was the last time you hugged someone? Go forth today and find someone to hug ...

When was the last time you made extended eye contact with another? Do so again today ...

When was the last time you smiled “for no reason”? Do so again right now ...

Who would you like to have as a dinner guest? Why? What would you want to learn from them?

Who would you like to have with you on a deserted island? Why?

You scrape a Porsche in a parking lot – Do you leave a note? How about if the car was a beat-up old station wagon? Or a homeless person's shopping cart?

If you could choose the manner of your death, would you? How would you want to die?

Do you want to know how long you have left to live? You are only guaranteed today – Go and live accordingly!

What do you hope to accomplish before you die? Have you allReady started?

For what are you Grateful? Prioritize your list ... How do you show your appreciation for these things?

What is the worst torture imaginable? Can you identify the primal fear that makes it so unpleasant?

How forgiving are you when let down or made fun of? When was the last time either happened to you? Choose to personally forgive that person(s) today ...

You see a hurt bird lying in the middle of a busy street – what do you Do?

You find a wallet – what do you Do? What if it has no I.D.?

When do you tend to exaggerate or embellish? Why? Go forth today and resolve to be completely honest with all your speech ...

Assuming that no one knows what you are doing, would you risk your Life out of obligation? How about for Love?

When is the last time that synchronicity/providence seemed real to you? Did you heed its “advice”/follow its guidance?

How Accepting are you of others’ faults? List some of them ... Do you see similar tendencies in yourself?

When did you last yell at another? Why? Do you regret it? Did you apologize? If not, do so today ...

If granted the service of a cook, chauffeur, masseuse, gardener, maid or personal secretary, which would you choose? Why? Would you have them serve only you, or help out the needy in your community as well?

Would you be willing to kill a cow with a knife? Do you eat red meat?

Would you engage in a month of complete Solitude if food and shelter were assured? Have you ever been truly Alone for an extended period of time?

If told you have only a few days to live and then the information was rescinded as a mistake thereafter, how would you change the ways you are currently living?

Would you have sex for money? Would you forego bathing for money? Would you engage in any other “Self-Love violations” for material reward?

What would you do with a friend you discovered was a chronic liar? a thief? a murderer? Can we ever be sure that another truly deserves the punishment(s) he or she receives? Today, go forth and, when tempted to judge or condemn, choose to err on the side of compassion instead ...

Would you like to die within a year Peace-fully surrounded by friends or live 30 more years and die in pain and alone?

Would you sacrifice a hand for permanent Health? For your loved one's perfect Health?  
For a stranger's perfect Health?

How do you picture your funeral? What is said and by whom? What good are you  
doing that would be appropriately missed by others?

With “1” representing extreme hardship and amazing accomplishment and “10”  
representing total comfort and no accomplishment – Where are you now? Where would you like  
to be?

List the Top 10 things/activities that you have dreamed of doing ... Why not yet? Why  
not now?

Would you be able to do a kind deed even if you knew you would face humiliation?

Would you give a well-dressed beggar \$1? How about a traditional “bum”? Do you ever  
converse with the homeless people you encounter? If not, why not?

Would you sacrifice your life for the betterment of the world? Even if you were not  
subsequently honored? Even if your most hated “enemy” got the credit?

List your most compulsive habits ... Do you actively strive to release them?... With what  
could they be replaced (e.g. coffee with herbal tea, reading the newspaper with exercise,  
watching TV with holding a loved one, etc.)?

You see another person hitting their dog (or yelling at their child) – What do you do?  
When is the last time you acted courageously for another? How can you do so again today?

How do you strive for security? What situation is ever truly “safe”? When is the last  
time you helped to relieve another's burden or fear? How can you do so again today?

Do you strive for Love? How does that look/feel? When is the last time you were  
actively compassionate to another? How can you do so again today?

Do you strive for power? What is Power-full to you? When is the last time you helped  
another to feel validated? How can you do so again today?

Do you strive for excitement? What is exciting to you? When is the last time you gave  
another some joy? How can you do so again today?

Do you strive for knowledge? What qualifies as a “fact” for you? When is the last time  
you learned something new that challenged one of your previous convictions? How can you do  
so again today?

How many of your struggles are related to finding ways to help others?

What is the most embarrassing thing imaginable to you? Why? (e.g. nudity in public,  
being spat upon, being ridiculed, being arrested, being seen begging by an old friend, etc.)

How close are you to your family members? If not very, why? Of all of them, who have you waited the longest to contact or late? Call them today ...

What is the greatest challenge you have ever overcome?

List your life's current challenges and the reasons for which you are Thank-full for them (I.e. the lessons they are teaching you) ...

When is the last time you defended another? When is the last time you praised another behind their back? Look for opportunities to do so today ...

Would you limit your life-expectancy by ten years for a vast sum of money? If so, how much? After receiving it, what good would you do with it?

Are you blunt and honest with people you know? How much Energy do you expend attempting to impress others? How different would you appear if you never made such attempts? Choose to be "flagrantly honest" all day today ...

If you could change how you were raised, would you? If so, how? Have you forgiven your parents for those mistakes? If not, do so ... If so, do so again today ...

How do you wish for your body to be disposed of after your death? Why?

Do you regularly perform favors that you do not wish to do? Why? When was the last time you said "No" to a request? Choose to say "yes" to every request made of you today ...

Is there anything improper to joke about?

Can you be honest in the face of hurting a friend's feelings? Remember that courageous silence is always preferable to honest words that cause pain ...

Would you avenge a brutal murder of your child? of your lover? of a family member? of a stranger? What if you then discovered that your vengeance had been unleashed upon an innocent who was wrongfully accused of that crime?

What quality do you value most in a relationship? When is the last time you relayed the same to another? How can you do so again today?

Would you have any regrets if you were to die tomorrow? What can you do today to rectify them?

To whom do you still feel that you need to repent? Do so today ...

Do you judge others' ability to accept you as you are? Do you use higher or lower standards than you use for yourself?

Do you point out self-destructive behaviors to friends? To your self?

Would you rather have only one Soulmate or many superficial friendships? When is the last time you acted as the former? How can you do so again today?

What is sexy/attractive to you? When is the last time you told someone they were/are beautiful? Do so again today ...

Do you gawk when driving by an accident? Choose to beam compassion at the next ambulance you see ...

Is it OK to steal food to keep another alive? Give a hungry person some food today ...

Is it OK to take "sick leave" to spend time with a loved one? Visit a loved one today ...

Is it OK to make unauthorized calls from work to a friend in the hospital? Reconnect with a friend today ...

Is there a menial task that is "beneath you"? Do you ever thank the people who perform menial labors for you (e.g. garbage collectors, postmen/women, construction workers, etc.)? Do so today ...

Is there anything too personal to discuss with a stranger? with a family member? with a life-partner? Choose to courageously open-up to someone's today ...

Which of your five primary senses is most important to you? Choose to go the day focusing primarily on one of your other four ...

What is the difference between sex and Love-making? When is the last time you tenderly made-love to another?

Do you have any long-term Friendships (ten years or more)? Do you believe that any of your current friendships will last your entire Lifetime? Call each of these special people today and thank them for their companionship ...

What do you like best about your Life? When is the last time you expressed gratitude for the same?

What do you like least about your Life? What can you do today to relieve the same?

Of whom (if anyone) are you envious? Why? What of yours might they envy, and how can you best share the same with them?

Do you acknowledge compliments or defer/downplay them? When is the last time you looked in the mirror and complimented yourself? Choose to do so today ...

Assuming you lost all inhibitions, how would you behave differently? Choose to act that way today ...

Who has been significantly influenced by you so far in your Life? How can you positively influence others today?

Who has significantly influenced you? When is the last time you thanked them for the same?

Of all the individuals in your Life, whose death would you find the most disturbing?  
When is the last time you expressed gratitude to them for their presence in your life?

What is the biggest disappointment of your Life? What is your biggest failure? When is the last time you forgave yourself for the same?

What is the first thing you would do as World Ruler? What can you do today to further the same objective?

Are you primarily a listener or a talker? Choose to be primarily a listener today ...

Do you say insincere things in order to “be polite”? Go the whole day today without being tactful or otherwise insincerely polite ...

When is the last time you said “I Love You” and meant it? Find a way to do so today (to someone or something) ...

Rate (on a scale of 1 to 10) your level of personal Attractiveness, Intelligence, and Compassion/Kindness ... Which of these traits is most important to you? What good could you do for others with each trait?

Would you rather prevent the deaths of 144,000 strangers or save your Soulmate’s life? Why do the strangers in your life not qualify as “Soulmates”?