

JOIN THE JOURNEY— SELF COACHING QUESTIONS  
GET CLEAR ABOUT YOUR HAPPINESS



**1. How do you personally define happiness?**

---

---

---

---

---

---

---

**2. Reflect back to what you consider one of the happiest times in your life. What were the circumstances?**

---

---

---

---

---

---

---

**3. Do you consider yourself happy right now? If so, what are the reasons? If not, what do you think needs to change?**

---

---

---

---

---

---

---

[www.lizbrashears.com](http://www.lizbrashears.com)  
[jointhejourney@lizbrashears.com](mailto:jointhejourney@lizbrashears.com)

