



Ann Roulac & Associates

Strategies for Wisdom, Health and Wealth

Personal Power Questions

Ask yourself these questions to identify what you really want in your life and take control of your destiny.

1. Does your life feel meaningful and are you guided by a sense of purpose?
2. Do you love your job or career?
3. Do you contribute your creative abilities at work?
4. Is your work helping to make the world a better place?
5. Do you want to find a new career that is more aligned with your personal values, vision, and lifestyle?
6. What is one change you could make in your lifestyle that would give you more balance?
7. Do you have enough time to spend with the people you really care about?
8. If you were independently wealthy, how would you spend your time?
9. What is one action you could take to have more fun in your life?
10. How would your life be different if you could achieve your goals?
11. Who is supporting your life goals (i.e., friends, partners, mentors)?
12. If you could get support in three areas of your life, what would they be?
13. Is now a good time to move forward with your goals?

Contact me now to find out how I can support your life dreams.



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