

Yoga Pages Month 12 Bonus - Questions of Reflection

1. How has my yoga practice changed over the past 11 months?
2. What are some of the most exciting discoveries I've made about myself?
3. Did I discover something I didn't like?
4. What has changed within me?
5. What are my three greatest strengths? Weaknesses?
6. What is one life lesson I've learned in the past year?
7. Am I using my time wisely?
8. Am I living true to myself?
9. Am I taking care of myself physically?
10. Am I taking care of my mental health?
11. What areas of my life am I neglecting?
12. What am I really scared of?
13. Am I holding on to something from my past that is with me at all times?
Is holding on to this history holding me back?
14. What have I given up on?
15. When did I last push the boundaries of my comfort zone?
16. What do I need to change about myself?
17. Is it more important to love or be loved?
18. Who has had the greatest impact on my life?
19. What do I want most in life?
20. What is life asking of me?
21. When do I feel happiest and most like my authentic self?
22. Am I too hard on myself?
23. What can I learn from my biggest "mistakes"?
24. Which is worse: failing or never trying?
25. If today was the last day of my life, how would my plans for the day change?