

AGROUP UPDATE

1. What is the best thing that happened to you in the last 30 days... the thing that brought you the greatest joy... and why was it the best?
2. What has caused you the greatest pain, disappointment, or concern in the past 30 days, and why did you feel that way?
3. What are you looking forward to the most over the next 30 to 60 days and why?
4. What will be your greatest challenge in the next 30 to 60 days and why will it be such a challenge?
5. What issues, situations, or relationships are dominating your thoughts or keeping you awake at night... and if resolved, would make the most positive difference in your life? Why the pain?
6. If you listen carefully to your "internal voice" your soul...your conscience... as it speaks softly to you, what does it tell you to change in your life and why does it tell you to do this?