

At Courageous Thinking we have a passion for asking the BIG questions.



It takes courage to ask ourselves & others the tough questions – but when we do, we uncover truth – and the meaning of our lives becomes clear. When we wrestle with the *right* BIG questions – we gain the clarity that enables us to make the decisions that can bring joy, adventure and success to our lives.

As you're running full throttle into 2019 we challenge you to take a glance at these five questions, then schedule 30 minutes with a journal (or keyboard) to write down your answers – reflecting on what you've learned about yourself this past year. A little 'self-inventory' goes a long way in gaining perspective – *before* setting goals and direction.

With gratitude and anticipation
for an Adventurous 2019 ~

Linda Lindquist-Bishop

Dig Deeper!

Contact us to explore how asking the 'right' BIG questions can set you or your organization up for success.



What went RIGHT – added joy to 2018?

Relationships, work, adventure – discipline; health, intellectual, emotional, spiritual?
Pursuits that I will continue/increase in 2019.



What are the things I did WRONG in 2018, and what did I learn from these experiences? *These are the things I want to change, not do again or restructure in 2019.*



What or who in my life is CONFUSING?

This could be a relationship, best use of my time, career values or my life direction.
In 2019, I want to gain clarity in these areas.



What or who is MISSING from my life?

Perhaps joy, adventure, financial security, health, life margin or a relationship? *These are voids that I want to address or fill in 2019.*



After you've mulled over, and wrestled with the questions above – ask yourself:

What was my biggest CHALLENGE in 2018 and what did I learn from it?