

## Pondering Questions for Treehouse Women

This is a questionnaire to help you dig a little deeper and listen to your life. You may find it intriguing and stimulating or confusing and depressing. Or both. When we stop and look honestly at our life, many emotions can come up. That's perfectly normal. If you'd like to contact me to explore these questions together, I'd be delighted to do that in a complimentary phone consultation.

1. If you had a magic wand what dreams, wishes, desires and goals would you want?

Allow yourself to dream big and small. Assume you have all the time, talent and money you need to create whatever you want. As you dream, give yourself permission to just dream rather than hold yourself accountable to actually making any of these dreams come true---in your mind or otherwise!

Name 10 things that pop out right now, without a lot of thought:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Don't judge what comes up or worry about being selfish. Now list 4 more dreams:

_____	_____
_____	_____

2. Imagine you're living the life of your dreams. What's it look like? Feel like? Sound like? What impact does it have on others? Make it all up and write it here.

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3. What self-doubts, concerns, or obstacles keep you from living the life of your dreams?

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4. If you were to simplify your life, what would you do with your time?

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5. What are the strengths, resources and natural gifts you have that could help your dreams come true?

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