

COMPLETIONS CARD QUESTIONS

Use these questions to support you identifying your top 5 essential actions.

Are there any situations/people I've been avoiding facing directly?

List and add actions to the top 5 if warranted.

Are there any choices I've been avoiding making?

List and add actions to the top 5 if warranted.

Do I need to make any new agreements? (Or acknowledge any previous agreements broken or unfulfilled?) List and add...

Do I need to speak any significant truths to people I can reach today? (Or speak any withheld truths from before today?) List and add...

Do I have feelings I need to acknowledge in myself or others?

Anger Sadness Fear
Excitement Joy Sexual

Are there appreciations I can speak to people today? List and add...
