

the inner me challenge

10 PROMPTS TO RECONNECT WITH YOURSELF



"Knowing others is intelligence.
Knowing yourself is true wisdom.
Mastering others is strength.
Mastering yourself is true power"

~ Lao Tzu



the inner me challenge

day 1

**In what small ways are you
becoming a better version of
yourself?**

"For me, becoming isn't about arriving somewhere or achieving a certain aim. I see it instead as forward motion, a means of evolving, a way to reach continuously toward a better self"

- Michelle Obama

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day 2

**How has your past shaped you in
positive and negative ways?**

"Even our misfortunes are part of our belongings"

- Antoine De Saint-Exupery

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day 3

**When are you ordinary?
When are you spectacular?**

"If you are not willing to risk the usual, you will have to
settle for the ordinary"

- Jim Rohn

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day 4

**How can you use your talents and
passions to help others?**

"I have found that among its other benefits, giving liberates
the soul of the giver"

- Maya Angelou

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day 5

**If you were to design your dream
day, what would it look like?**

"A schedule defends from chaos and whim. It is a net for
catching days"

- Annie Dillard

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day 6

What kind of first impression do you think you make? Is it truthful to who you are?

"When you meet somebody for the first time, you're not meeting them. You're meeting their representative."

- Chris Rock

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**What have you given up on that
you would like to pursue again?**

"When you feel like quitting, think about why you started."

- Anonymous

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day 8

**What decision are you having
trouble making?**

"I have found over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear."

- Rosa Parks

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day 9

**How can you enliven the parts of
your life that have become
mundane?**

"I don't want to get to the end of my life and find that I just lived the length of it. I want to live the width of it as well."

- Diane Ackerman

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day 10

**Do you have an easy time sharing
your feelings? Why or why not?**

"Don't keep all your feelings sheltered - express them. Don't
ever let life shut you up."

- Dr. Steve Maraboli