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CATEGORY

QUESTIONS

**P**rocrastination

What have you been putting off and why?

**A**nger

Are you holding resentment?  
How can you release it?

**I**ncapable **G**oals

What small steps can you take right now to work toward your high-level goals?

**F**ear

What worries are weighing you down?

**D**isorganization

What roadblocks are keeping you from where you want to be?

**B**urden

What burden are you carrying with you?

**J**oy

What made you smile this week?  
What are you looking forward to?