



Ask yourself these questions to identify what you really want in your life and to take control of your destiny:

Your Personal Vision and Dreams

1. Does your life feel meaningful and are you guided by a sense of purpose?
2. Do you have clarity and focus about your direction?
3. If you had more free time, how would you spend that time?
4. What prevents you from manifesting your life dream or vision?
5. What did you once love to do but have stopped doing?

Your Life Work

6. Do you love your job or career?
7. Does it enable you to live a balanced life?
8. Do you contribute your creative abilities at work?
9. Is your work helping to make the world a better place?
10. Do you want to accelerate your career path?
11. Do you want support in growing your business?
12. Do you want to find a new career that is more aligned with your personal values, vision, and lifestyle?

Your Health and Life Balance

13. Is your life in balance?
14. Or are you feeling overwhelmed and need a break?
15. What is one change you could make in your lifestyle that would give you more balance?
16. What do you need to let go of to move forward (in relationships, commitments, obligations, activities)?
17. Do you have enough time to spend with the people you really care about?
18. Is your primary focus on preventing disease rather than on promoting greater levels of wellness?
19. Do you have a regular practice that supports your overall well-being?



Ann Roulac and Company

709 Fifth Avenue, San Rafael, California 94901

tel 415-830-7122

Ann@AnnRoulac.com • www.AnnRoulac.com



33 Power Questions

Personal Finances and Wealth

20. If you were independently wealthy, how would you spend your time?
21. Do you have sufficient money to live the life you desire?
22. If not, how much would you need to maintain your desired lifestyle?
23. Do you have sufficient savings to handle an unexpected event?
24. Do you have written financial goals?

Making Changes and Getting Support

25. What do you really want in life?
26. Do you feel something is missing in your life?
27. What is one action you could take to have more fun in your life?
28. Do you have an action plan to achieve your goals?
29. How would your life be different if you could achieve your goals?
30. Who is supporting your life goals (i.e., friends, partners, mentors)?
31. If you could get support in three areas of your life, what would they be?
32. Is now a good time to move forward with your goals?
33. Do you believe you could be more successful with outside input?

Contact me now to find out how I can support your life dreams.

Ann Roulac is the author of *Power, Passion & Purpose: Seven Steps to Energizing Your Life and How To Create the Life You Want.*



Ann Roulac and Company

709 Fifth Avenue, San Rafael, California 94901

tel 415-830-7122

Ann@AnnRoulac.com • www.AnnRoulac.com