

November 2025 Questions for Reflection

1. Fuel for Growth

✨ *What version of myself am I building and what emotional states (gratitude, trust, openness) are required to sustain that version long-term?*

(Hint: This helps you map out your *emotional operating system* to understand what kind of inner fuel you need to truly grow.)

2. Abundance Blockers

✨ *When I withhold gratitude or generosity – from myself or others – what fear or belief is usually behind it?*

(This reveals your “abundance blockers”. These are gold when you're trying to clear internal resistance.)

3. Connecting to Power in the Past

✨ How has gratitude or generosity in the past unexpectedly opened doors, either internally or externally, that I didn't realize were connected to those habits?

(This gets your brain to connect *past behaviors* to *present power* and shows you how these practices fuel actual, tangible outcomes.)

4. Beliefs → Thoughts → Emotions → Behaviors

✨ If I knew with certainty that my full potential would unfold as a direct result of practicing deep gratitude and generosity... how would I act differently today?

(This helps bypass hesitation and puts you in the mindset of *cause-and-effect confidence*.)

5. Activating Buried Potential

✨ What parts of me (e.g., my gifts, dreams, or power) might remain dormant if I don't actively cultivate a life of gratitude and giving?

(Remember: what's at stake isn't just missed opportunity, but a chance at *emergence*.)
