



## **“Your Daily Engagement Questions – Six Active Questions To Ask Myself” Did I do my best to:**

- Set clear goals?
- Make progress toward goal achievement?
- Build positive relationships?
- Be Happy?
- Find meaning?
- Be fully engaged?

Rate yourself each day on a 1- 5 scale with 5 being the highest as to whether you made the challenge!

The key for making progress is learning to be reflective. When we do, we make progress regardless of the answer to each question.

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