



LOVE *WITHOUT* LIMITS

20 QUESTIONS TO HELP YOU TAP INTO THE POWER YOU ALREADY POSSESS

1. WHO'S IN CONTROL OF HOW I FEEL ABOUT ME?
2. WHO'S IN CONTROL OF HOW I FEEL ABOUT
WHAT'S GOING ON IN THE WORLD?
3. WHO'S IN CONTROL OF HOW I FEEL ABOUT MY LIFE,
INCLUDING THE POWER TO CHANGE IT AS I SEE FIT?
4. WHAT'S GOOD?
5. WHAT CAN GO RIGHT?
6. WHO'S IN CONTROL OF DECIDING IF & WHEN I CHOOSE TO FORGIVE
SOMEONE WHO HAS HURT ME?
7. VICTIMHOOD IS A PRISON THAT I REFUSE TO LIVE IN.
WHO HAS THE POWER TO TRANSFORM ANY HURT I MAY FEEL
INTO SOURCES OF LIMITLESS STRENGTH?
8. CAN I RIGHT THE WRONGS I'VE DONE
& FORGIVE MYSELF TOO?
9. WHAT DO I WISH HAD NEVER HAPPENED TO ME?
10. CAN I ACCEPT THAT EVERYTHING IS PERFECT
EVEN WHEN IT DOESN'T FEEL THAT WAY?
11. WHERE, IF ANYWHERE, AM I GOING AGAINST THE FLOW OF ENERGY
& TRYING TO FORCE SOMETHING TO HAPPEN?
12. WHERE, IF ANYWHERE, IS THERE ENERGY WAITING FOR ME
THAT I AM NOT ACKNOWLEDGING?
13. LIFE CAN HURT...
BUT WILL I LET HURT OR LOVE DEFINE WHO I AM?
WILL I LET HURT OR LOVE LEAD MY DECISIONS?
14. AM I OPEN? AM I AWARE?
AM I ACCOUNTABLE?
15. AM I A GOOD PERSON WHO WORKS HARD?
AND IS MY HEART IN THE RIGHT PLACE?
16. WHAT DID I DO YESTERDAY THAT WAS KIND?
17. WHAT CODES (YAMAS) DO I LIVE BY EACH DAY?
18. WHAT BELIEFS (NIYAMAS) DO I PRACTICE DAILY?
19. WHAT WILL I ACCOMPLISH TODAY?
20. DO I BELIEVE IN ME?