

The 10 Best Questions for Every Day Personal Well-being

Highlight

Find balance, meaning, and mindfulness by asking yourself these expert-based 10 questions every day. This small task of personal small talk has the power to dramatically change your perspective on your life's disruptions, distractions, and disappointments.

The 10 Best Questions

[This is the shorthand version.](#) [The experts' suggested best answers are below.](#)

1. How can I live my life today in a way that is meaningful, purposeful and rewarding?
2. What am I grateful for today? How can I express my gratitude?
3. Am I doing what I want to be doing today?
4. How can I make a difference in someone else's life today?
5. How can I invest my time today in the things that matter the most?
6. Will I let go of my regrets today?
7. How can I show my love today?
8. Did I make contact with God or a Higher Power today?
9. Will I spend today as a player, survivor or as a victim?
10. What did I learn? How can I best use these lessons tomorrow?

The Golden Question

The million-dollar question you almost forgot to ask.

What's the one thing that I can change today that will have the greatest impact on my life tomorrow?

The 10 Best Answers

[1. How can I live my life today in a way that is meaningful, purposeful and rewarding?](#)

Intention is the act of creating and living with focus. It's easy to not pay attention, to keep our eyes down, no matter where we are.

Being mindful means purposely finding focus and to be constantly present in this moment with eyes wide open. Philosopher Francis Bacon said, “We have only this moment, sparkling like a star in our hand, and melting like a snowflake.”

2. What am I grateful for today? How can I express my gratitude?

Find and count your blessings -- no matter what. “Feeling gratitude and not expressing it is like wrapping a present and not giving it.” (William Arthur Ward)

3. Am I doing what I want to be doing today?

Having something major go wrong, like being diagnosed with a disease or having a seriously-ill loved one, helps us to reassess the importance of our values and choices.

Celebrity psychologist Dr. Phil McGraw advises, “Learn to take charge of your life and hold on. This is a long ride, and you are the driver every single day.”

4. How can I make a difference in someone else’s life today?

Help your children, partner, or office mates today or just smile at a stranger. Small things matter.

5. How can I invest my time today in the things that matter the most?

Another version is to ask yourself, “Is it important or just urgent?” This sub-question is good ammunition if your days are filled with constant interruptions and the tyranny of urgent demands.

Before professor Randy Pausch, bestselling author of *The Last Lecture* died tragically in 2008 from pancreatic cancer he said, “Spend time on activities that are deeply important, even if they don't seem critical.”

6. Will I let go of my regrets today?

Everyone has regrets. Make a daily goal to grow from “regret fragility to regret agility.” Don’t carry your regrets to your grave.

An AARP study of deathbed regrets in 2012 found that the most common final regret is this one: “I wish I'd had the courage to live a life true to myself, not the life others expected of me.”

7. How can I show my love today?

Don’t lose sight of those you love and why they matter to you.

Ask your loved ones this question, too. Teacher Randy Fujishin writes in *Gifts from the Heart*, “Asking questions is a very effective way of inviting a loved one to open up, explore, and even solve problems.”

8. Did I make contact with God or a Higher Power today?

An Irish proverb tells us, “If God shuts one door, He opens another.”

9. Will I spend today as a player, survivor or as a victim?

Victims are passive observers as compared to players and survivors.

Listen to yourself today as you talk with friends or family. Are you positive and retelling joyful experiences? Or are you negative, emphasizing what’s wrong and who’s to blame?

10. What did I learn? How can I best use these lessons tomorrow?

The most successful people are great learners. Television journalist Diane Sawyer told a relevant story to *O, The Oprah Magazine*. “A great physicist who won a Nobel Prize said that every day when he got home, his dad asked him not what he learned in school but asked him, ‘Did you ask any great questions today?’”

Sawyer continued, “And I always thought, what a beautiful way to educate kids that we’re excited by their questions, not by our answers and whether they can repeat our answers.”

The Golden Question

The million-dollar question you almost forgot to ask.

What’s the one thing that I can change today that will have the greatest impact on my life tomorrow?

Tackle the biggest challenges by focusing on what impacts you the most. For example, recurring arguments about petty problems often mask deeper resentments.

“A common mistake,” says nationally-syndicated advice columnist Carolyn Hax, “is to focus on small items that make up your life. ‘We need to do X for the kids, Z is necessary for my job,’ because these small, incremental decisions let us leave the bigger, scarier, grayer issues entirely unaddressed.”

QDoc’s Q-Tipsters

Make your “asking time” a consistent, daily habit. Tie it to an existing routine, such as an early-morning workout or a late-afternoon commute. Use these questions to inspire your own personalized questions. Happy asking!

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