

Lab Discussion:
**What self-reflection question would you put on
your mirror to reflect on daily?**

- Is this the best you got?
- Is that who you want to be?
- Is today going to be about your why?
- Who's voice will you listen to today?
- What can you do today that will make you better than yesterday?
- What does love require today?
- How would your 7 year old self advise you?
- Are you giving it your all?
- Why be tomorrow, when you can be today?
- Am I the BEST VERSION of who I want to be?
- Do you want to be right or effective?
- Are you present?
- Are you getting upset about things you cant control?
- Are you living your life with love?
- How can I make a positive impact today?
- Where is your energy going today?
- Do you know who you truly are? and are you comfortable in your own skin?
- Will you remember your 'why' at your highest and your lowest points today?
- Am I doing everything I can as a dad for my son?
- If one word could describe who you want to be today, what would it be and why?