

Questions for the Heart and Mind



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Table of Contents

5	Acknowledgements
7	Introduction
9	Your Life
29	Your Past
43	Self-Awareness
61	Values
65	Social
79	Considerations
89	Imagine
97	Light-Hearted
103	About the Author

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Introduction

Questions for the Heart and Mind is a journey and opportunity for awareness, depth, and self-understanding. The questions are invitations to explore your life, your past, your values, and the world around you. Use these questions to deepen a dinner conversation, a car ride, or a moment with yourself. An adventure awaits.

Your Life



What do you need **more** of right now?

What do you need **less** of?



When do you think you have **control**, but **you don't**?

When do you think you **don't have control**, but **you do**?



What **small things** bring you a **great deal of pleasure**?

What **small things** bother you **more** than they should?





What is **dysfunctional** in your life?

What is **functional**?



What **life lessons** guide you?

What **life lessons** have you not learned **yet**?



What continually **surprises** you?





What do you find **beautiful**?



What are you **most passionate** about?

What **thwarts** your **passion**?



When is **negativity** unduly **magnified** in your life?



What do you **balance**?

How do you **balance** advocating for yourself
while **thinking of others**?



Where do you offer the **most value**?



What **makes sense now** that **didn't** when you were **younger**?



What **doesn't work** in your life, **despite** your best efforts?



What are the **chapters** of your **life so far**?

What's the **title** of your **next chapter**?



What are you **ready** for?

What are you **not ready** for?





How do you **cultivate hope** when you feel **hopeless**?



When is it important to have **faith** and when is it important
to be **skeptical**?



How much of your **happiness** is based on you?
How much of your **happiness** is based on what **happens** to you?





What is in your circle of **concern**?
What is in your circle of **influence**?
When do these circles **intersect**?



When do you **overthink**?
When do you **underthink**?



When have you **lowered** your **standards**?

Was it a **good idea**?

When have you **raised** your **standards**?

How did that **impact** your life?



How can your pain **guide** you?



What **disappointment** is behind your **anger**?



What are your **rules** for **success**?



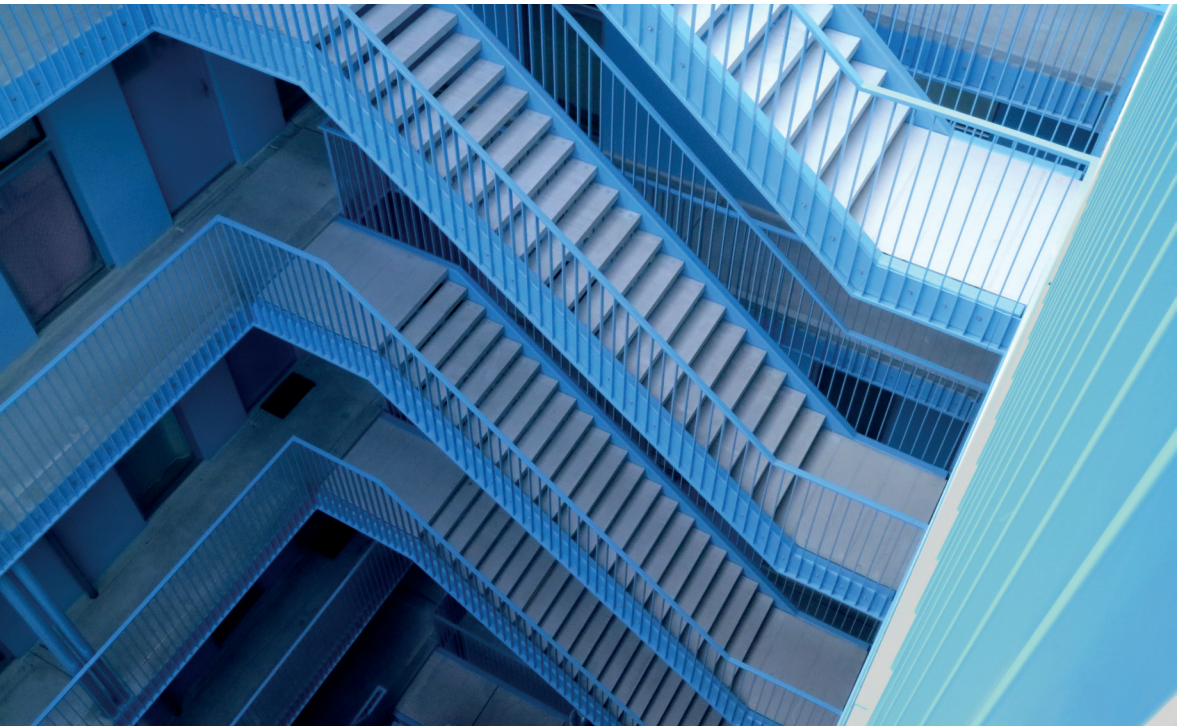
What **mistake** have you **forgiven**?

What **mistake** would you **like to have** forgiven?



When does **acceptance** help you make **progress**?

When does **acceptance interfere** with **progress**?





When has **persistence** resulted in **success**?

When has **persistence** been a **mistake**?



If you experience **repeated** obstacles, do you **interpret** this
as a sign to let a **goal** go or a **challenge** to not give up?



How do you achieve **inner satisfaction**?





When have you **experienced** the **domino effect**?



When have you dealt with a **symptom**, but not the **cause**?



When are you most **energized**?

What **depletes** your energy?

What are some **unusual** methods to **create energy**?



What needs to happen to **heal the pain** from your **past**?
What needs to happen to **maximize your happiness** in the **future**?

When your **heart and mind** differ on a decision,
which do you follow?
Are you typically **satisfied** with the results?

When do you move on from something that **doesn't work**?
Do you **typically stick** with things too long or give up too **easily**?



When have you made a **decision** you **regretted**?

When have you made an **unpopular**, but **good decision**?



What is the best way to find **creative solutions** to **impossible situations**?



What are your **“if only”** rules for **happiness**?





What **pleasure** do you **seek**?

What **pain** do you **avoid**?



What **social or emotional advances** have you made **compared**
to the **previous generation**?

What did the **previous generation** have that you **wish** you had
in **your life**?





What **unconscious** influences **shape** your thoughts?



When are you a **hammer** and everything in the world
looks like a **nail**?



What is something you **love to do** and **haven't done** in a while?
What is one thing you **always wanted to do**, but were **never** able to?



What **opportunities** did you **seize**?
What **opportunities** were **left** on the **table**?



What **motivates** you?
What **reduces** your **motivation**?
What **distracts** you?



What are your **healthy** and **unhealthy** habits?

What is a **habit** you want to **break**?

What **habit** would you like to **make**?

When have **small steps** over time made a **big difference**
in your life?

How does your **current environment** support
or discourage **positive habits**?

What can you **eliminate** from your **environment**
that would help you form a **new habit**?

What can you **add**?

What do you **need to know**?

