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# 5 KEY QUESTIONS

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Take Time Out to Reflect and Build the Life You Really Want to Live.

# WORKBOOK

AUGUST 1, 2015  
SEDDON DAYS



# Seddon Days 5 Key Questions

## What is My Why?

Are you clear on why you're doing what you are doing? Why is it important and meaningful to you? How does it contribute to your life? Why you chose to do it? Does it make you happy?

NOTES:



# Seddon Days 5 Key Questions

## What Does Success Look Like?

How do you visualise success? Is it just numbers? If you haven't got visions of success that include the important "reasons you exist" in them, then you don't have a complete picture and you'll never be happy.

For example, a good vision of success would have something like having a business that always allows you time to get to the kids nativity play or sports day.

### NOTES:



# Seddon Days 5 Key Questions

## Am I enjoying the Journey

Life is a journey. Are kidding yourself with thoughts like “when I get there, things will be better”, or “when our turn over reaches £xxx, things will be better” or “when I get that promotion, things will be better”.

Those are bad thoughts.

What would turn those thoughts into “I’m enjoying getting there and things will be even better when I am there!”.

Remember, taking longer to get there and enjoying it is A LOT better than making yourself (and your loved ones) miserable trying to get there faster.

### NOTES:



# Seddon Days 5 Key Questions

## Am I Hanging out with the Right People

This is so important. Who you hang around with really does rub off on you. It's also a hard one to tackle but it really does yield fantastic results.

Sometimes we hang around with people out of loyalty. Ask yourself this. Don't your loved ones deserved your loyalty more? If you hang around with the wrong people, they drag you down and that drags your loved ones down.

NOTES:



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## What Would Happen to My Loved Ones

Are they catered for financially? Do you have Life assurance? If not, FIX IT NOW.

Also, would they know where things are if you died suddenly? It's okay have life assurance, but they need to know you've taken it out and how to contact the company to claim.

Also all the other important things including passwords. A Legacy Box is a great idea.

NOTES:



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