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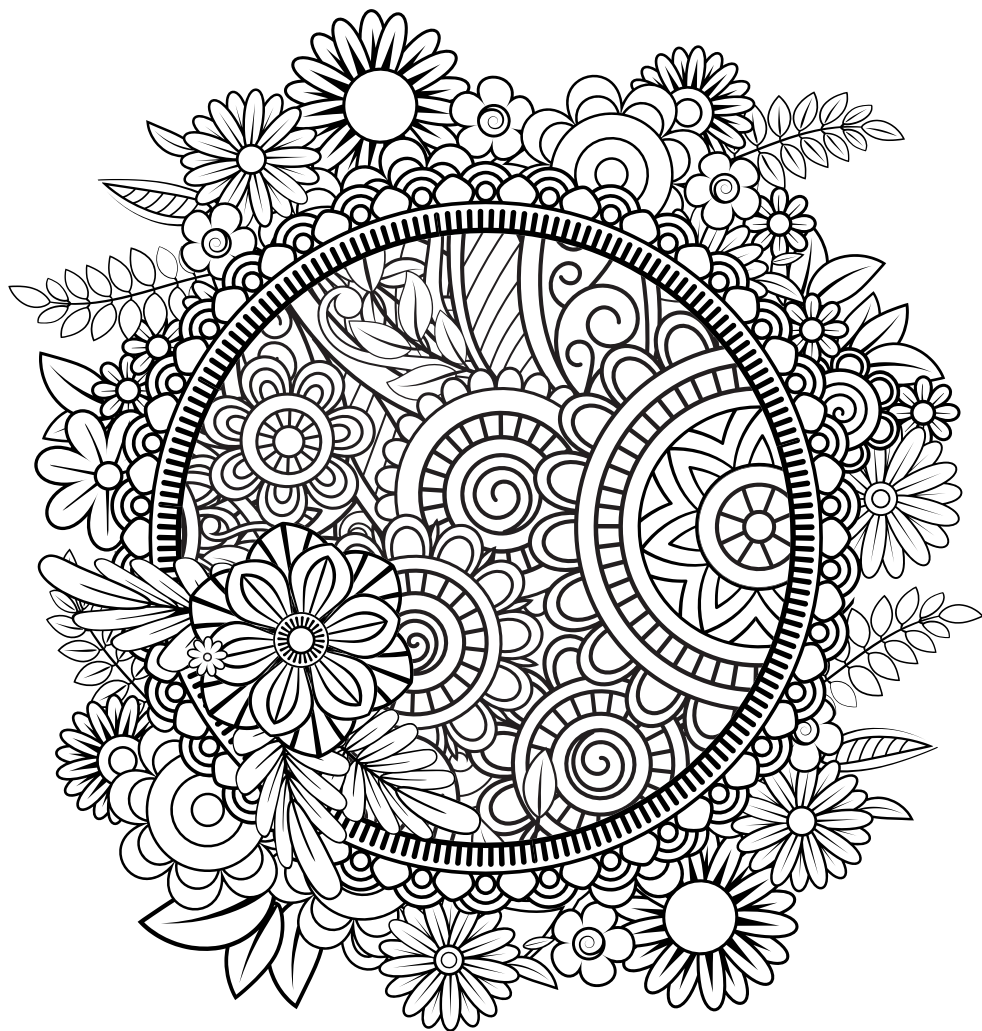
LONDON

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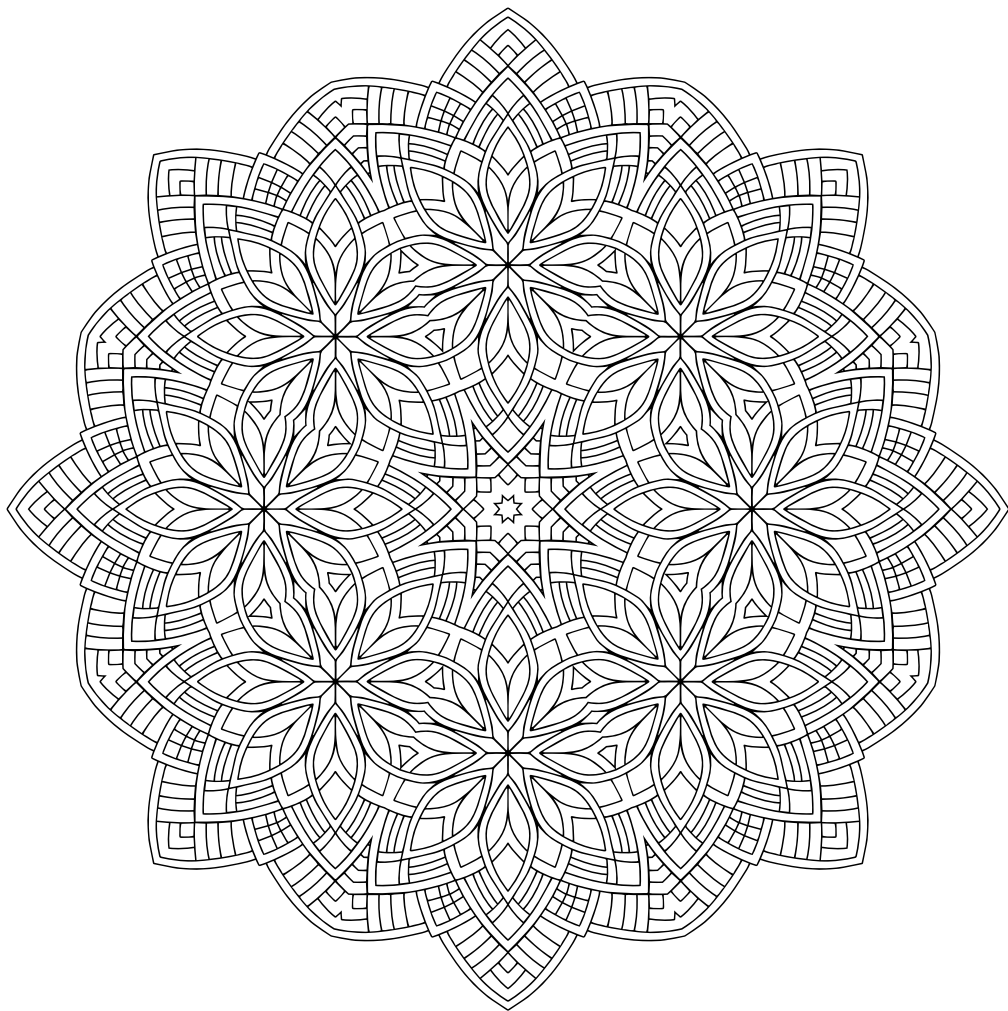
“UNTIL YOU MAKE THE UNCONSCIOUS
CONSCIOUS, IT WILL DIRECT YOUR LIFE AND YOU
WILL CALL IT FATE”

-CARL JUNG

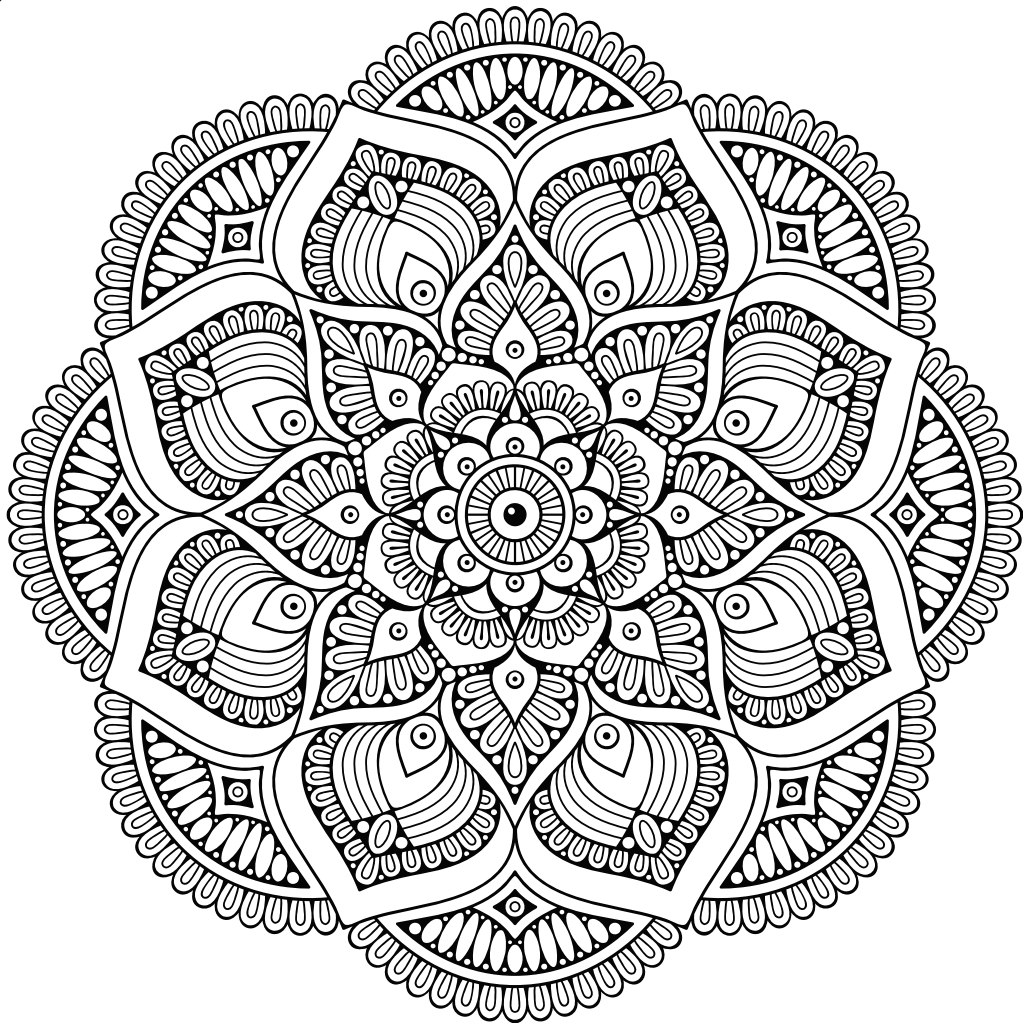
If I retired today, how would I spend my time this week?



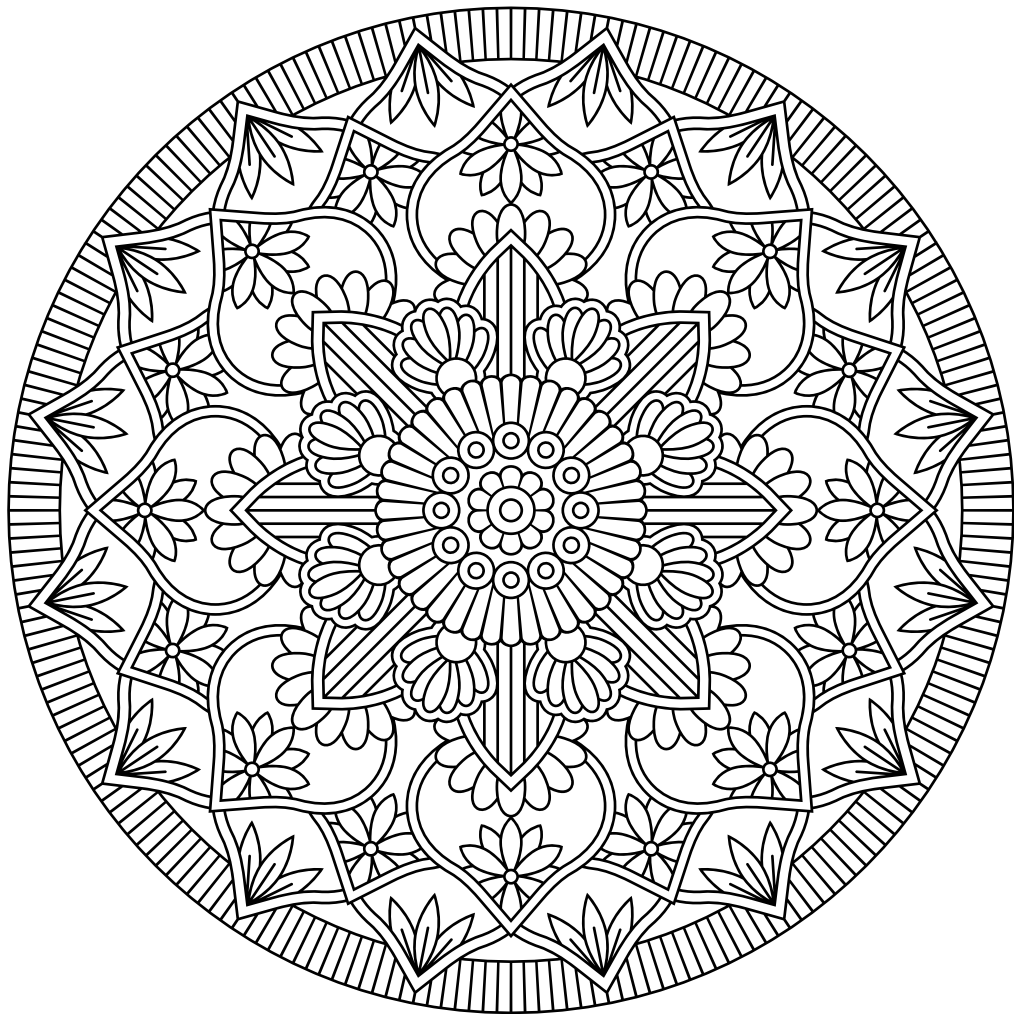
What's a unique interest, passion or skill I possess that others might not have?



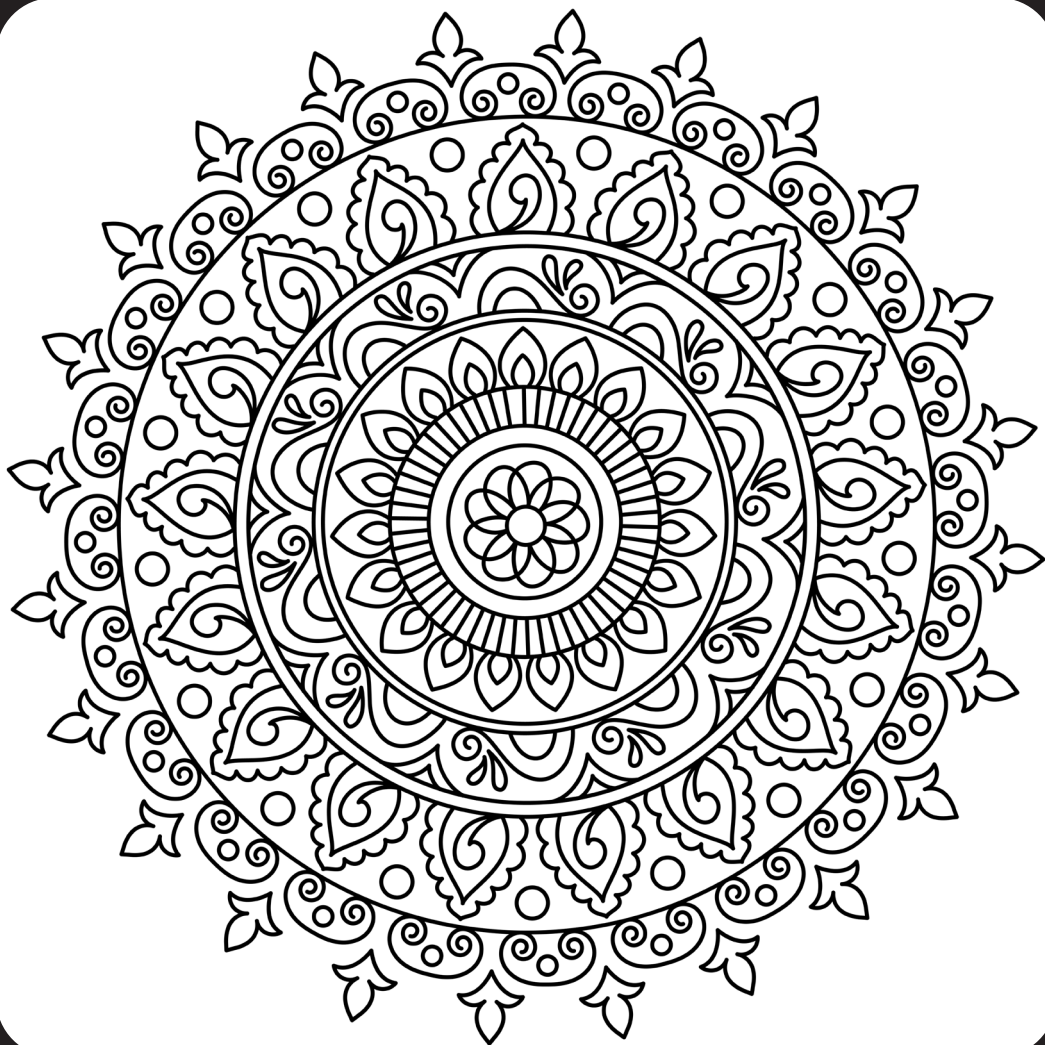
Who do I look up to, and what do I admire about them?



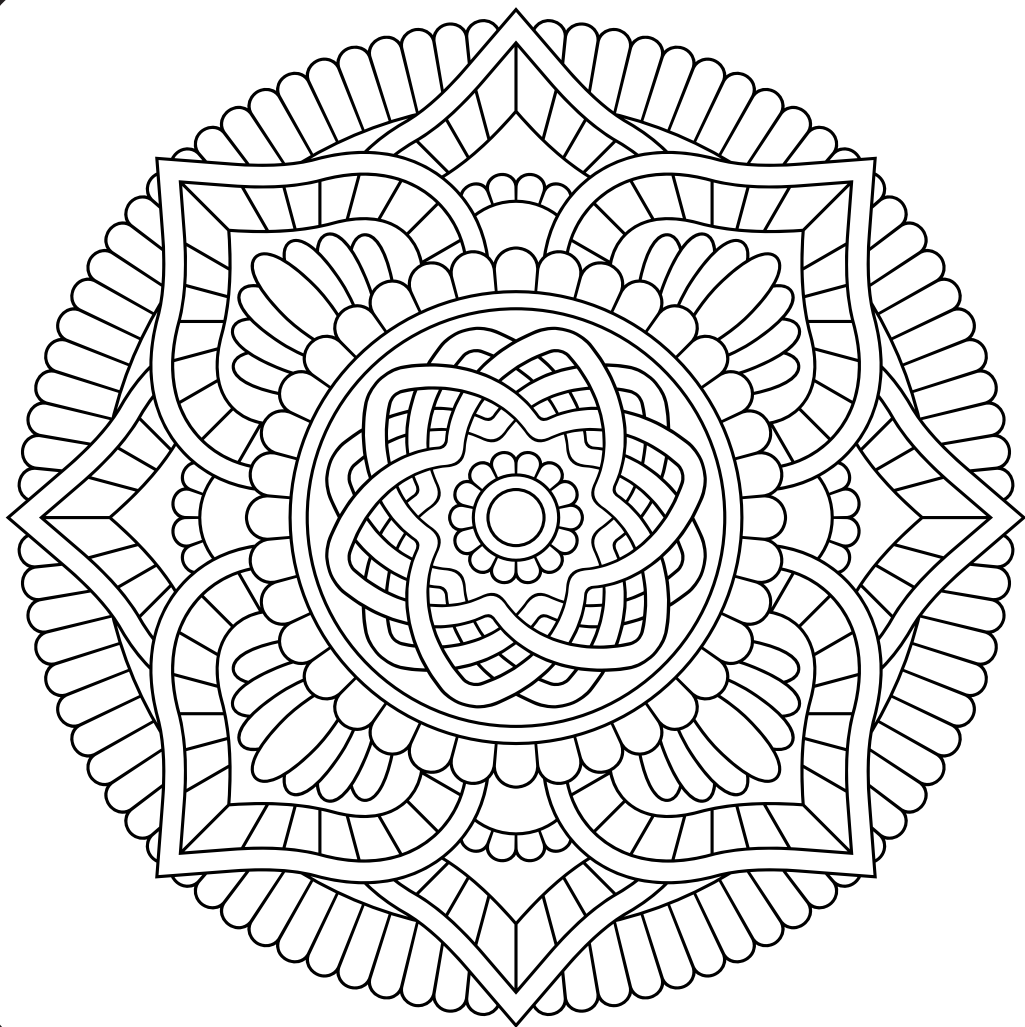
What is my dream vacation? Where would I go and with whom?



List three achievements I'm proud of...



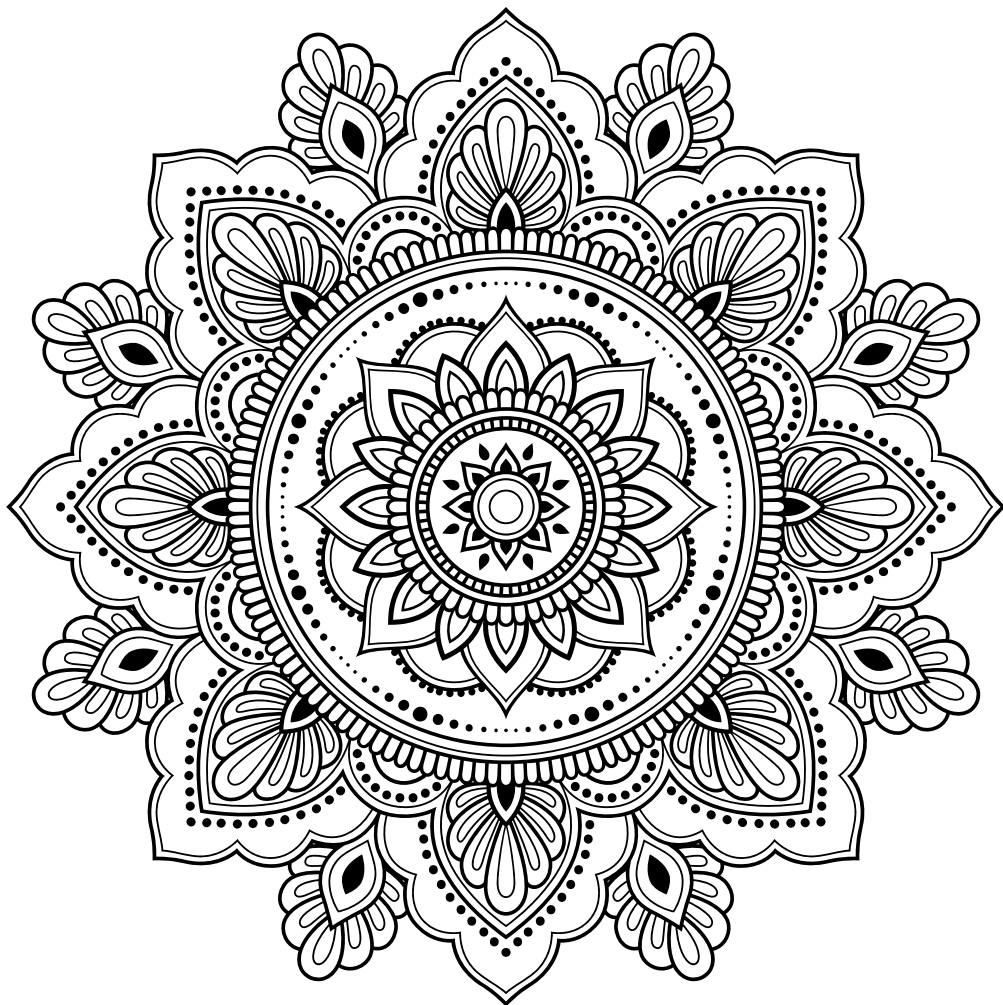
What's a forgotten hobby or passion from my past that I might want to revive?



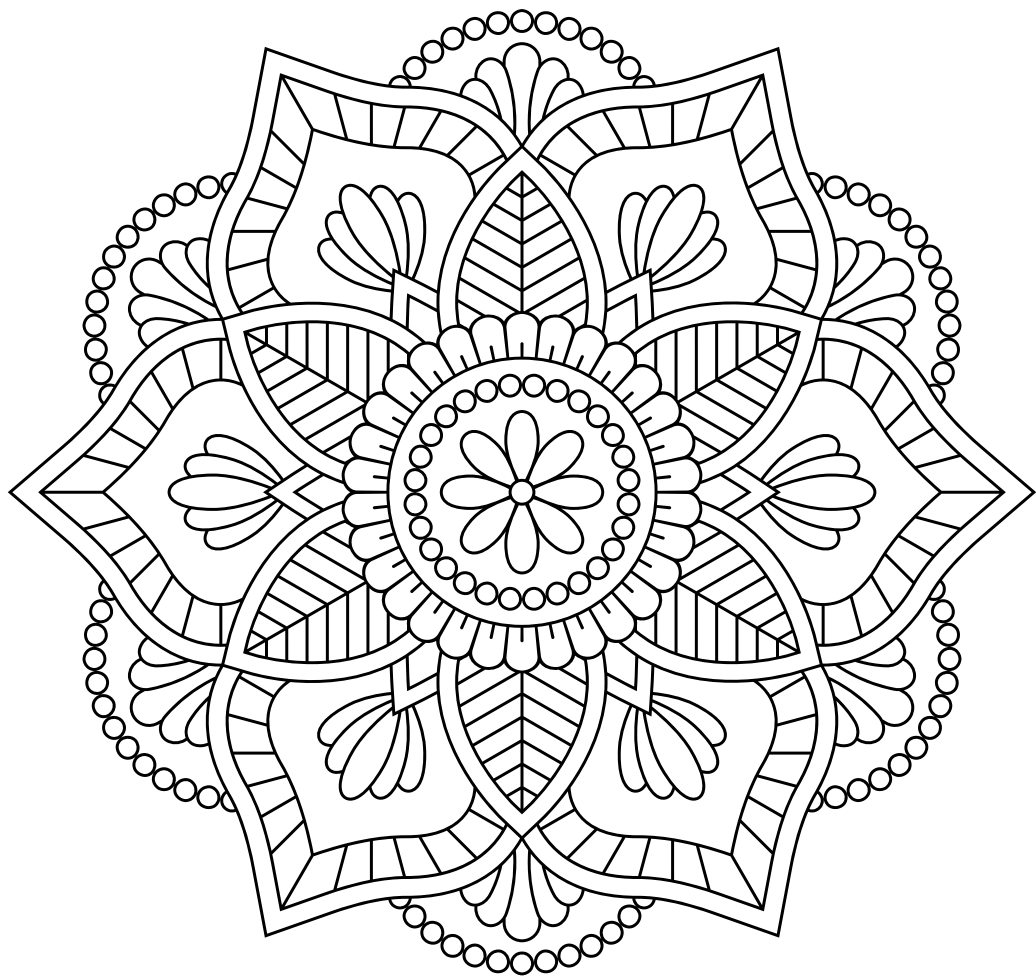
Is there an event from my past I initially regretted that I now view positively?



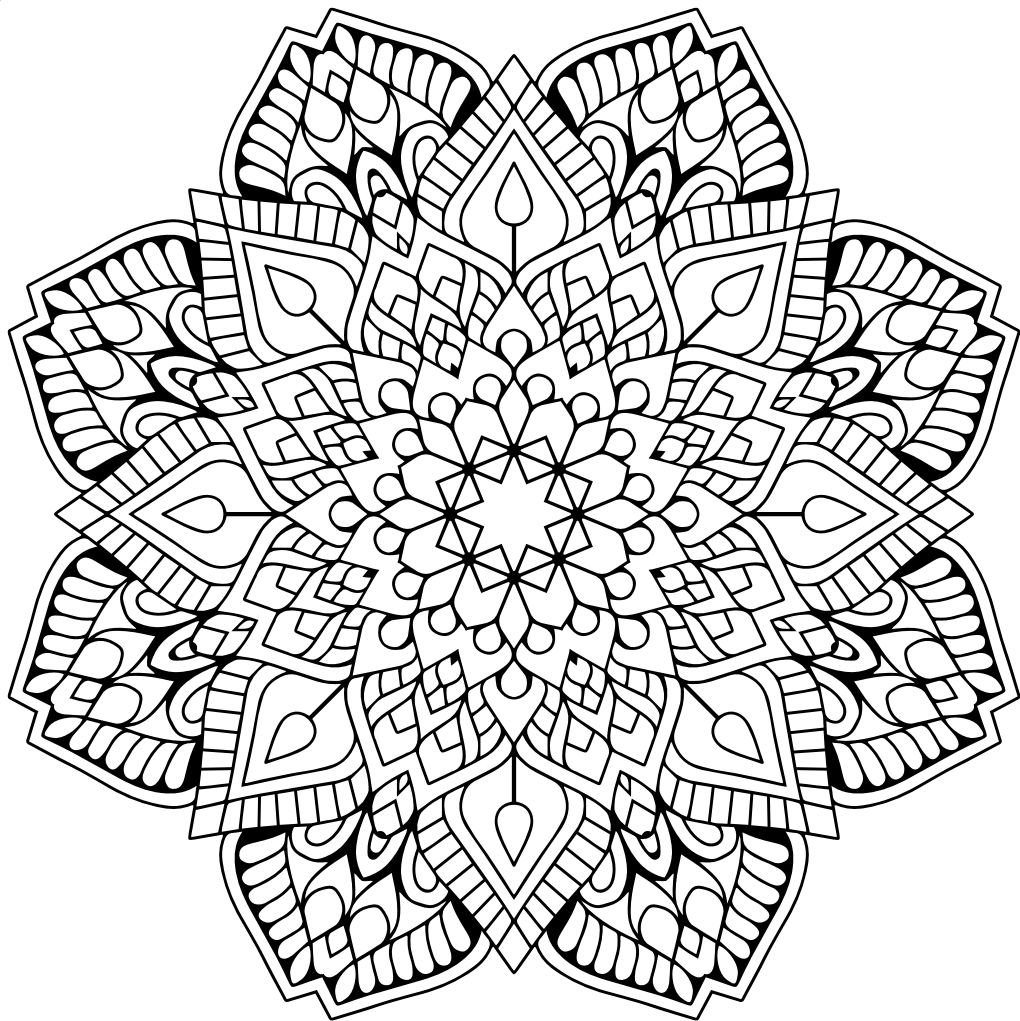
What's a big goal I have? What's one small step I can take today towards achieving it?



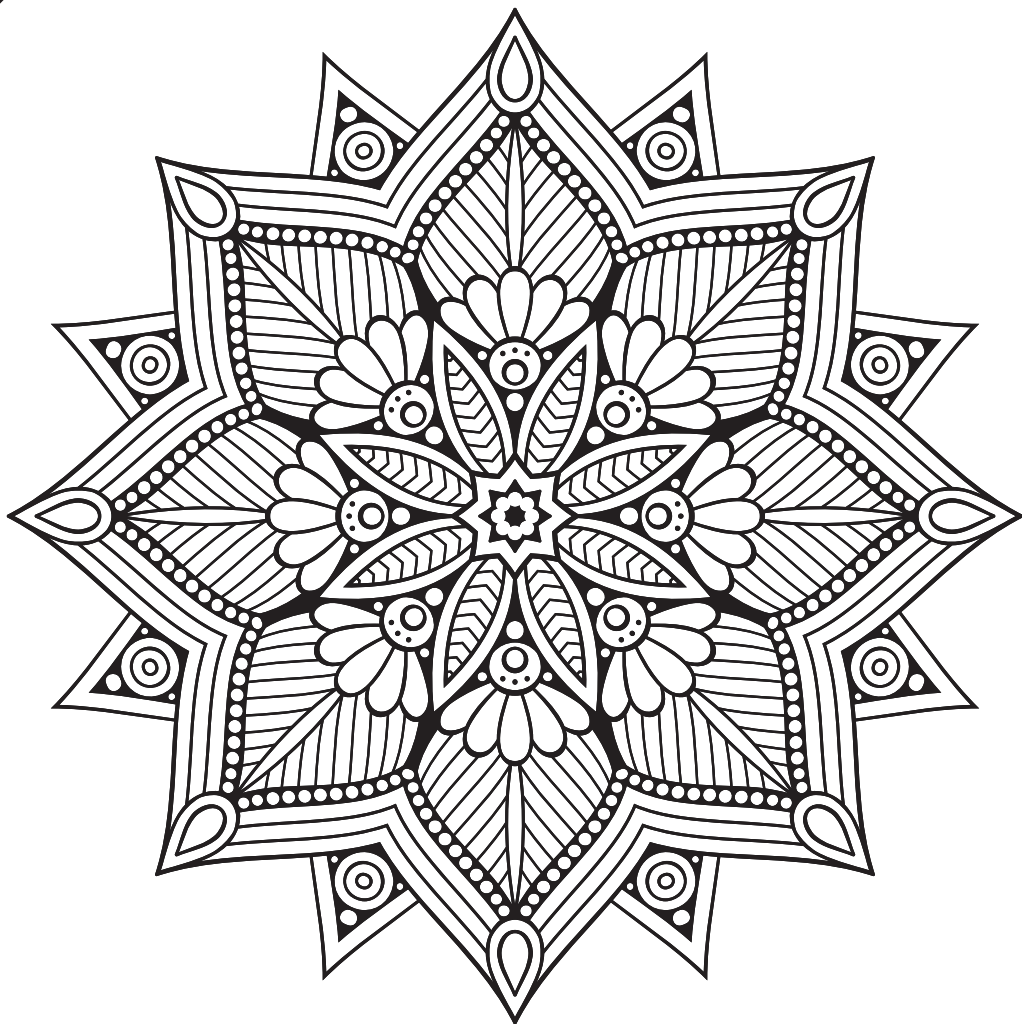
Write about a time you struggled, persevered and won!



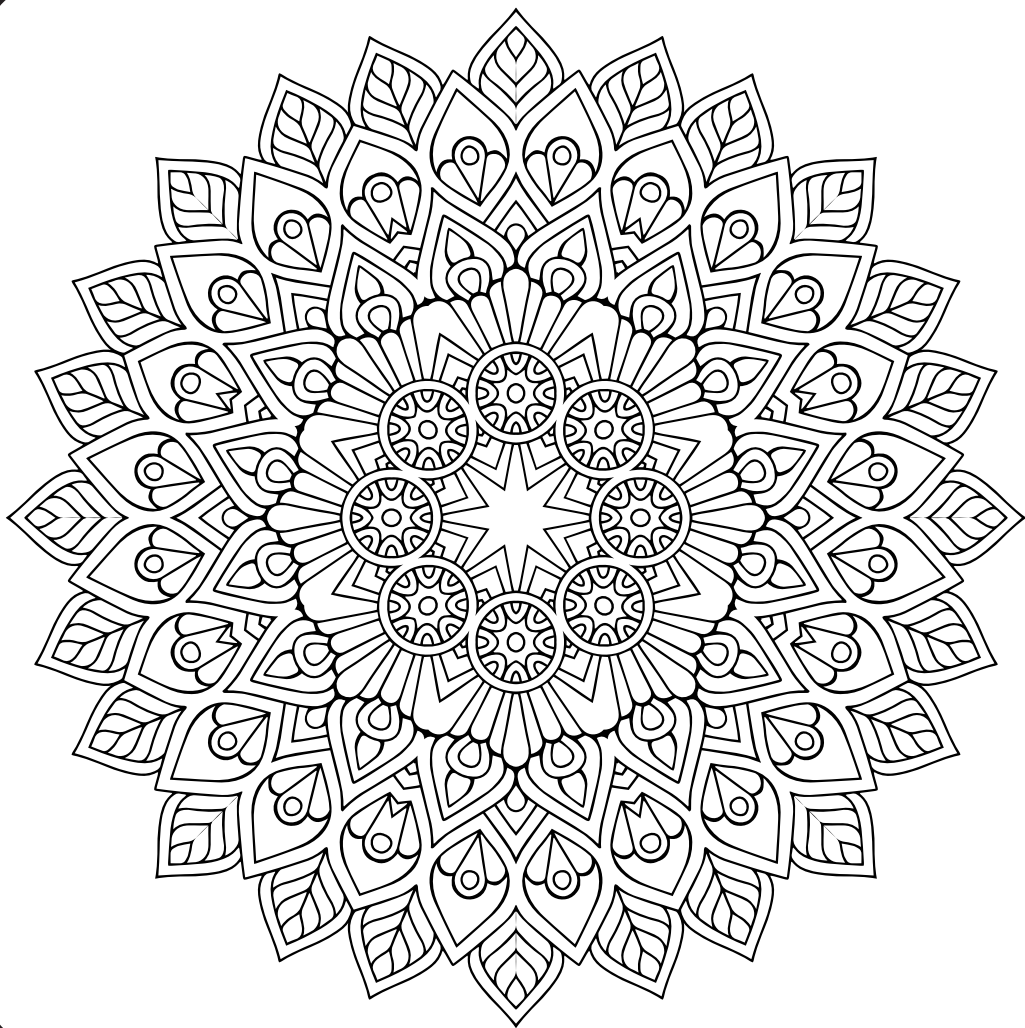
If I had an extra hour each day, how would I use it for my growth?



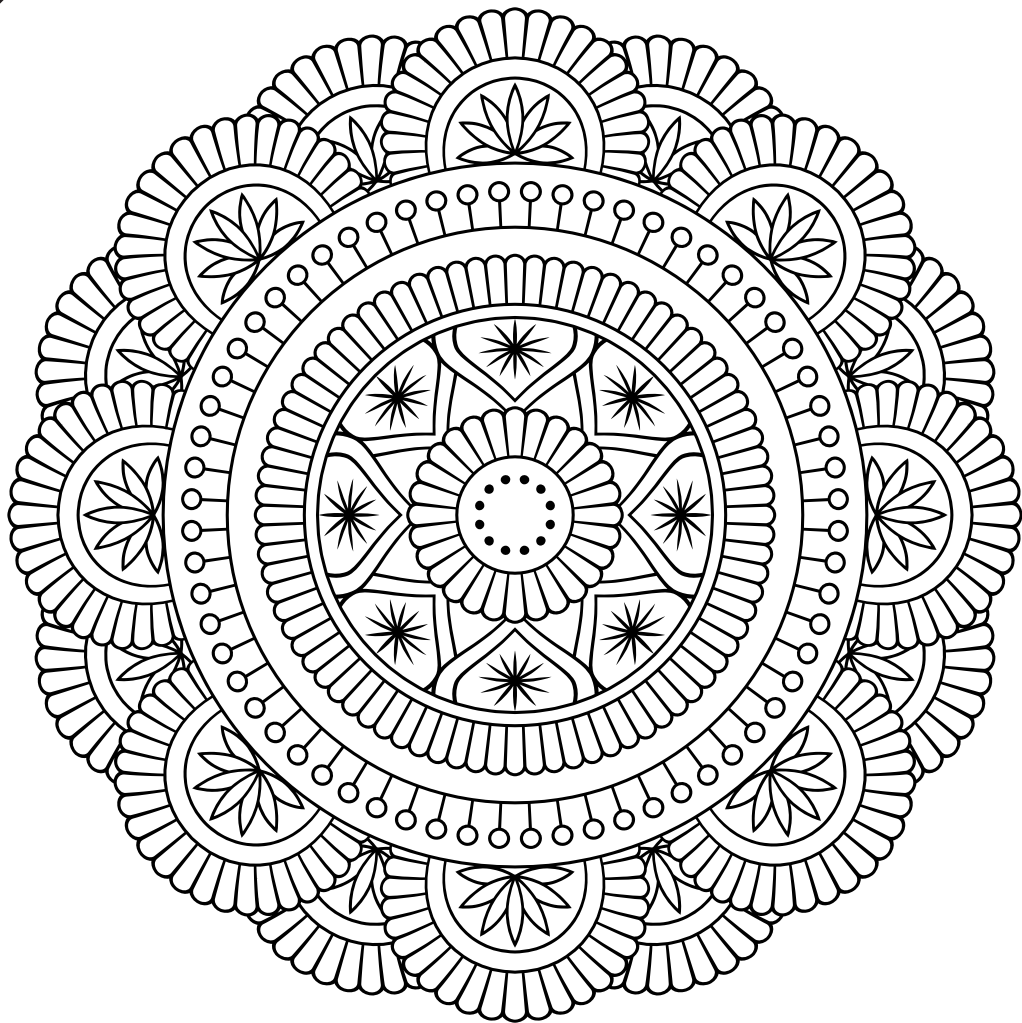
Think back to when you were a child.
What activities or hobbies made you lose track of time?



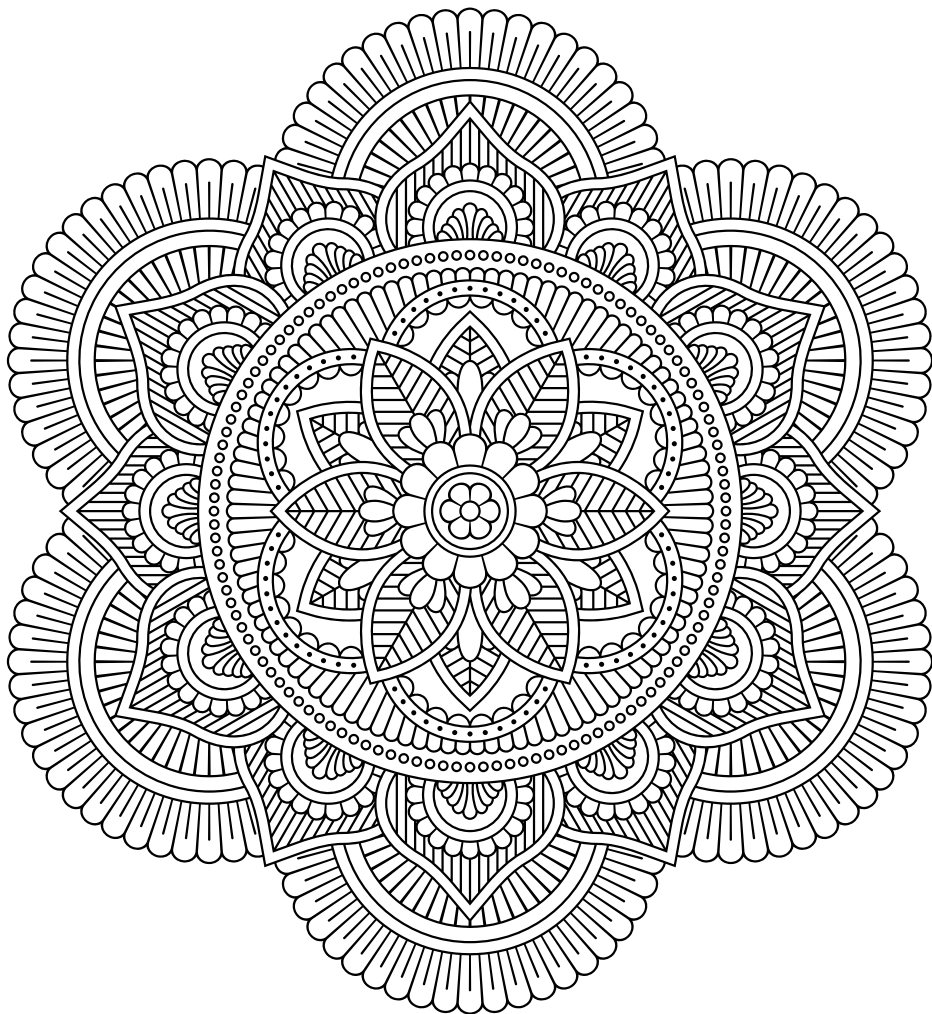
What are my happiest memories from when I was little?



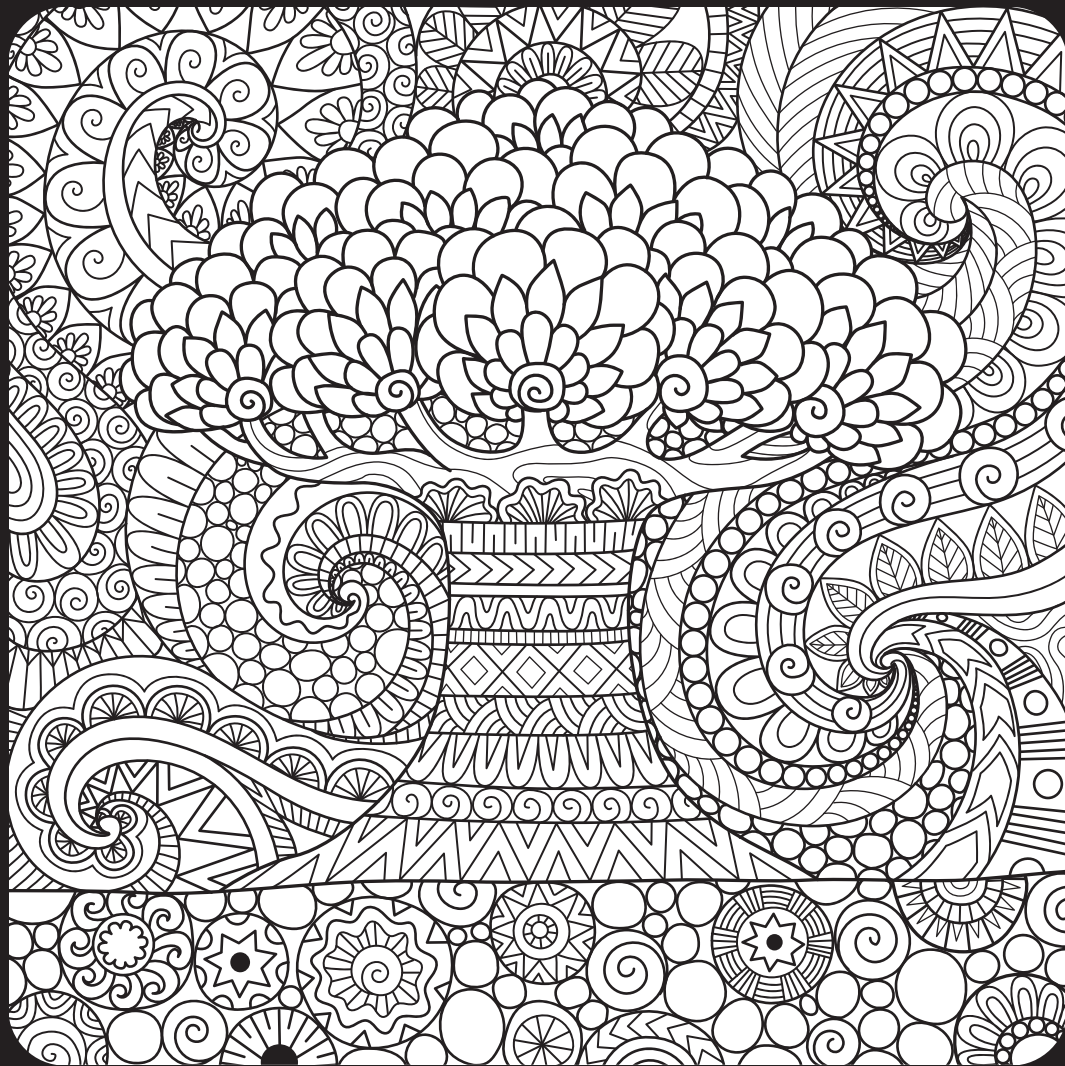
If my future self could give me advice right now, what would they say?



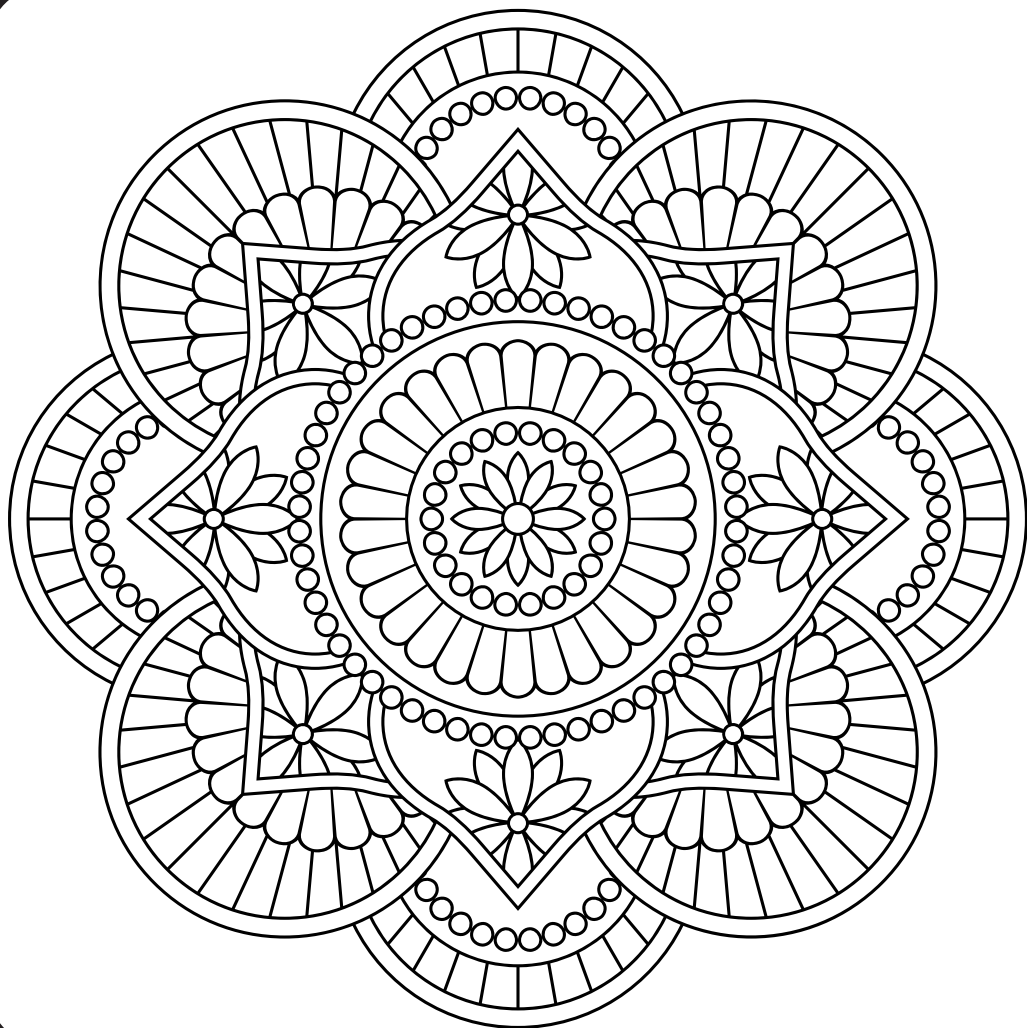
What's a fun thing I always wanted to try?
Can I try it this week, month, or year?



Imagine yourself five years from now. What are you doing? Where are you living?



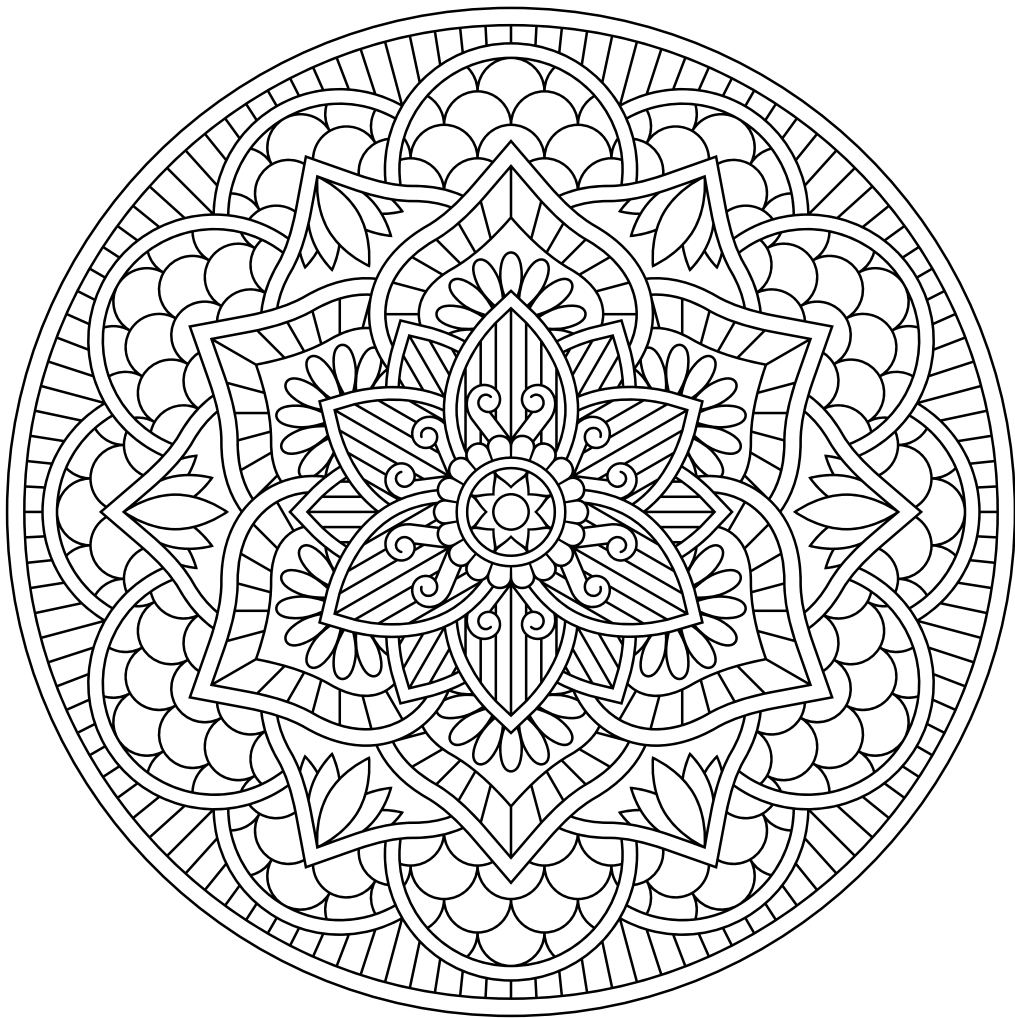
What's a moment in my life I'd love to re-experience?



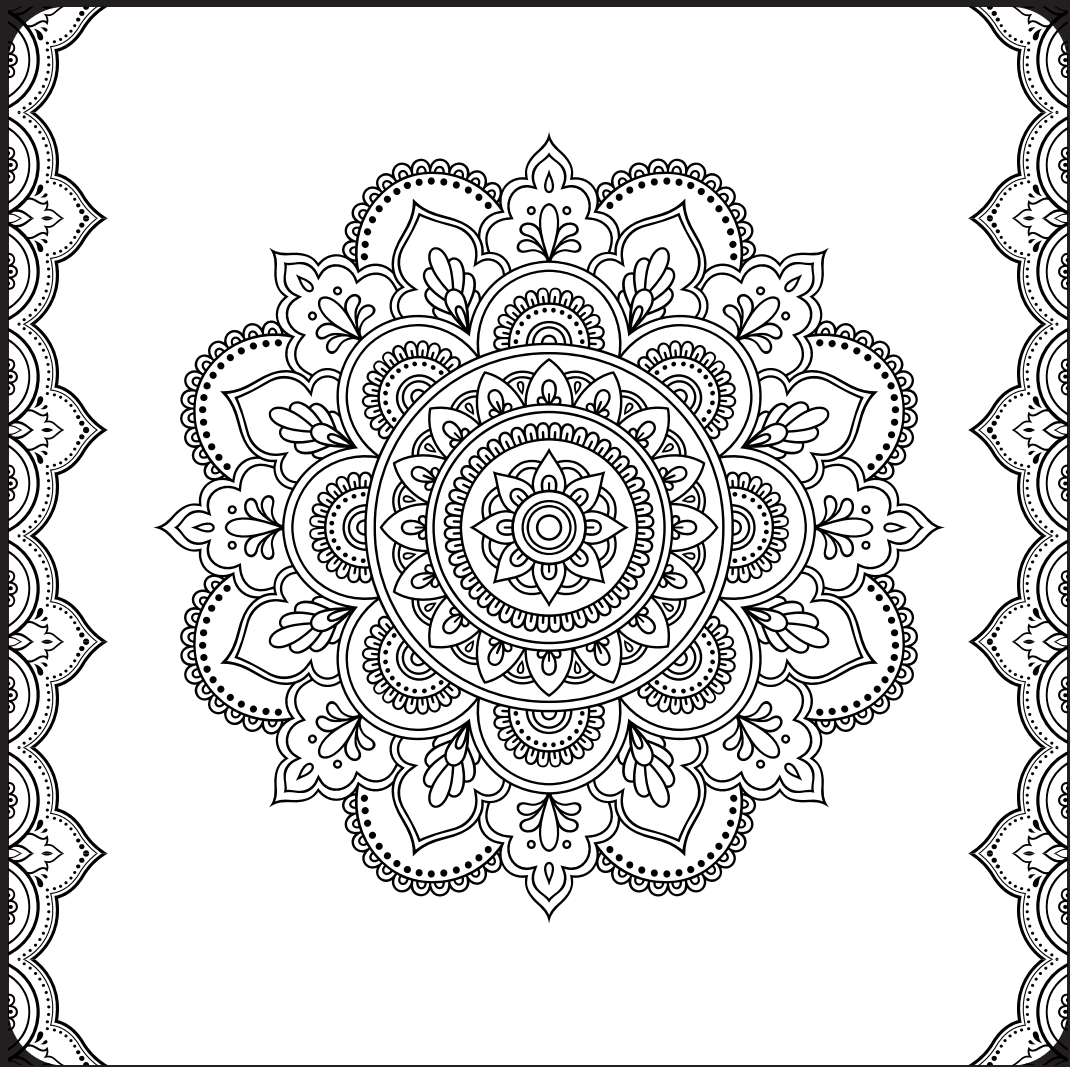
Consider a habit I know isn't good for me.
What need is it fulfilling, and what's a healthier alternative?



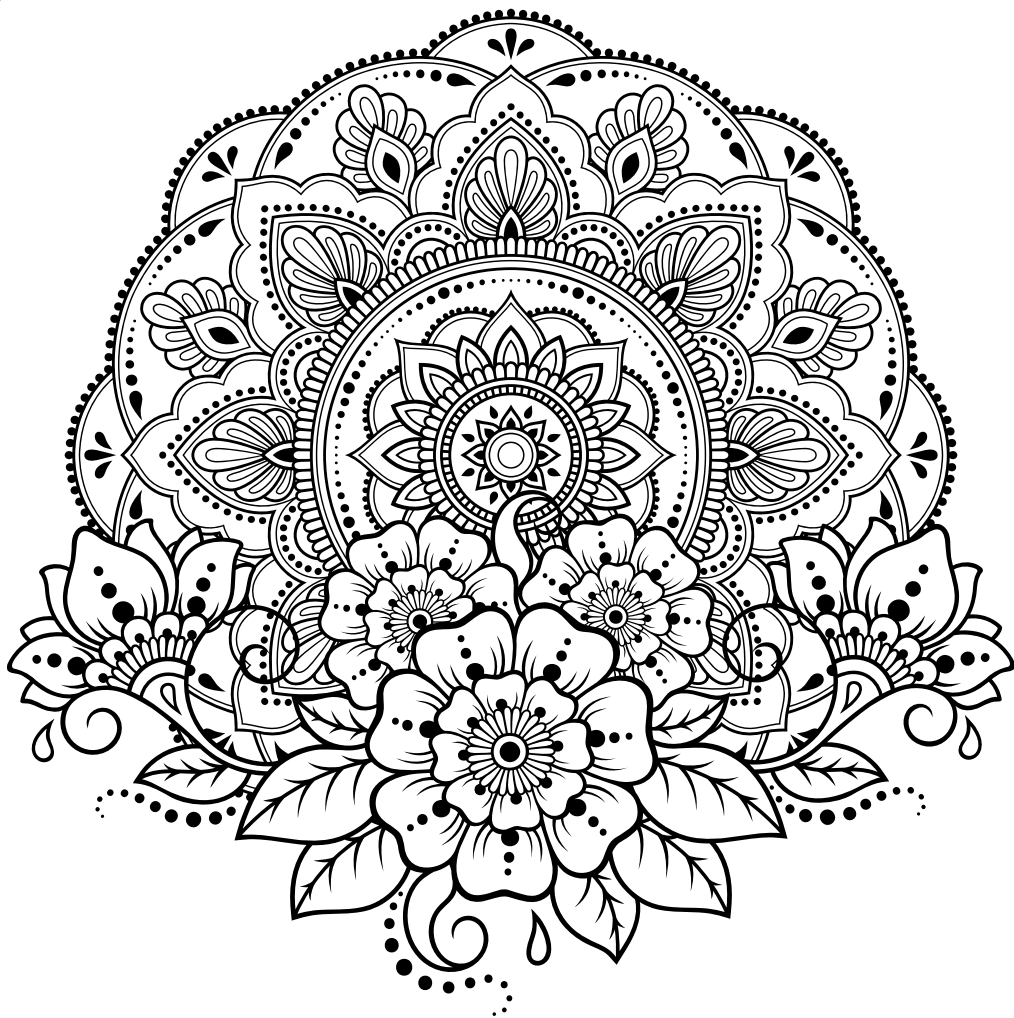
What passion would I pursue if money wasn't an issue?



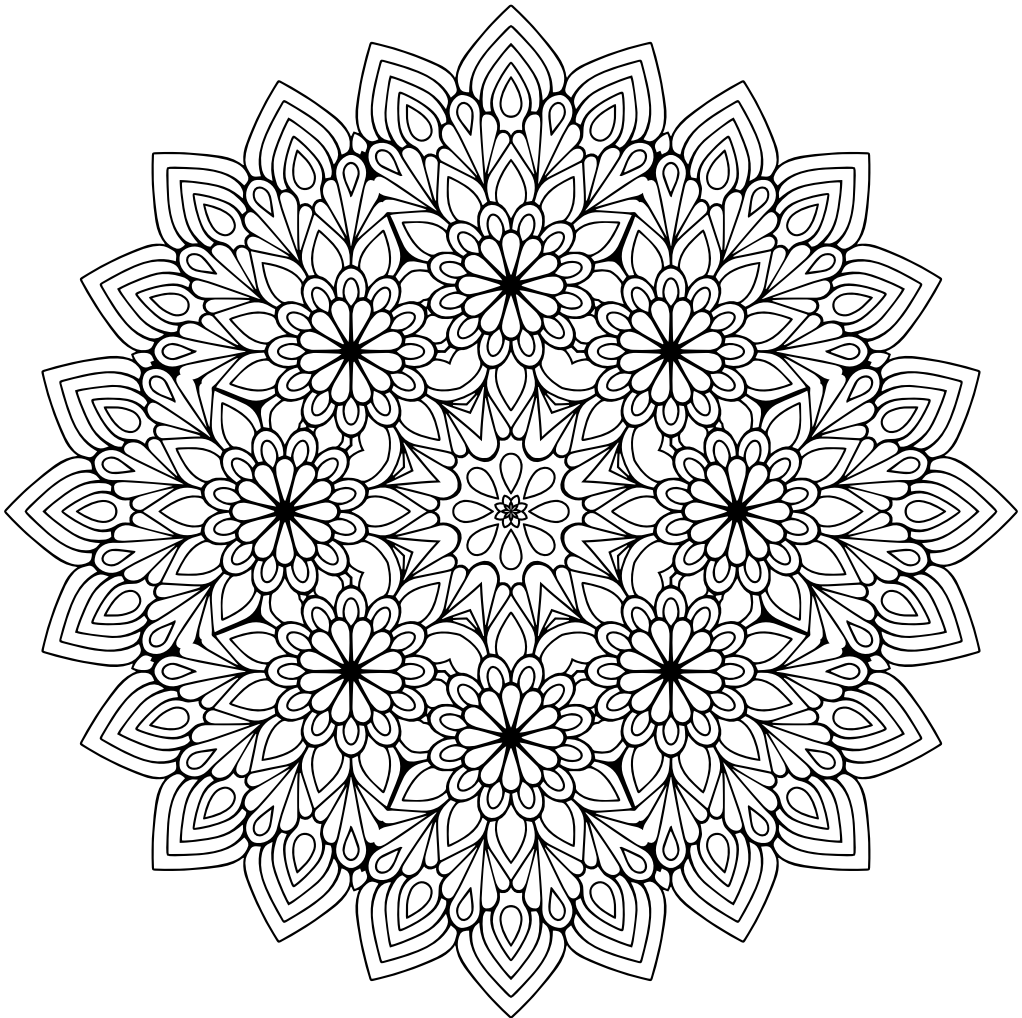
List 10 things that make me smile.



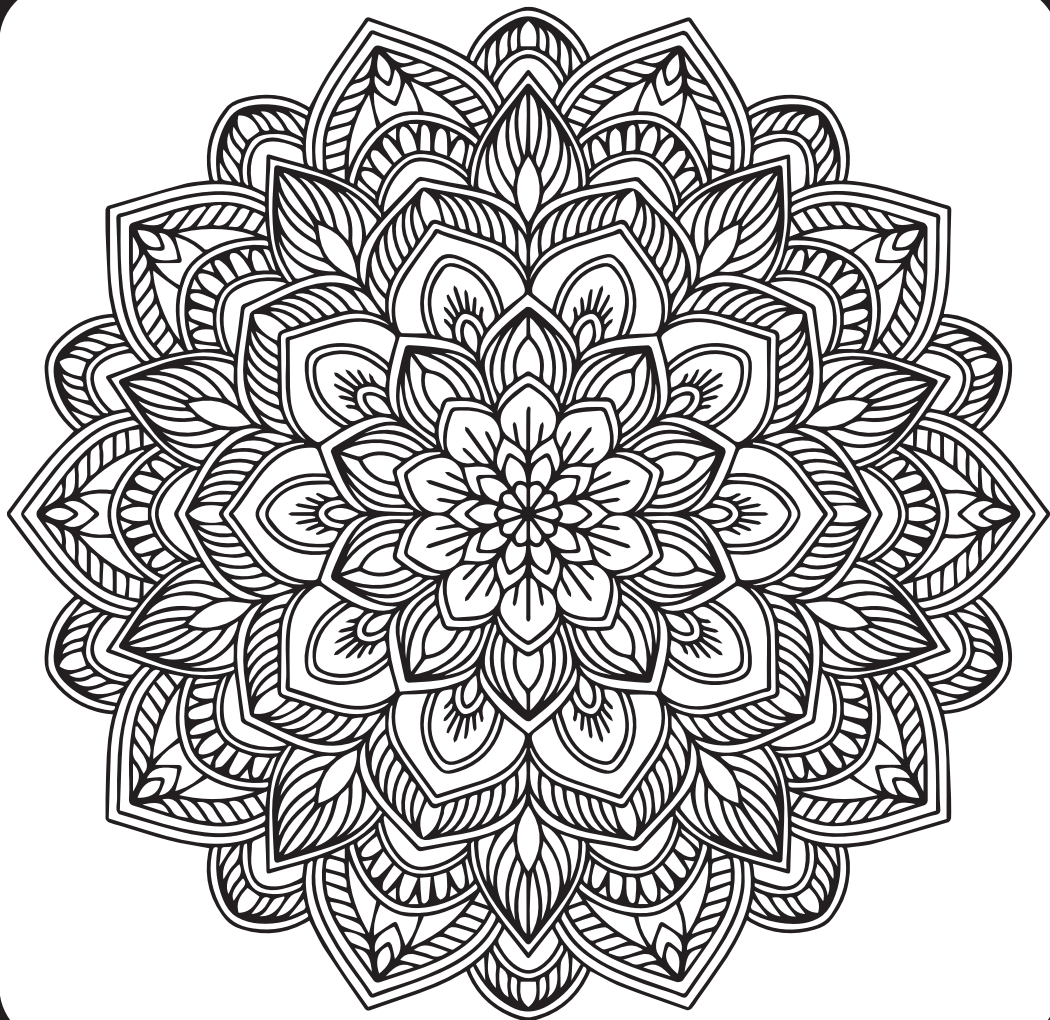
What have I always accepted as true that turned out to be false



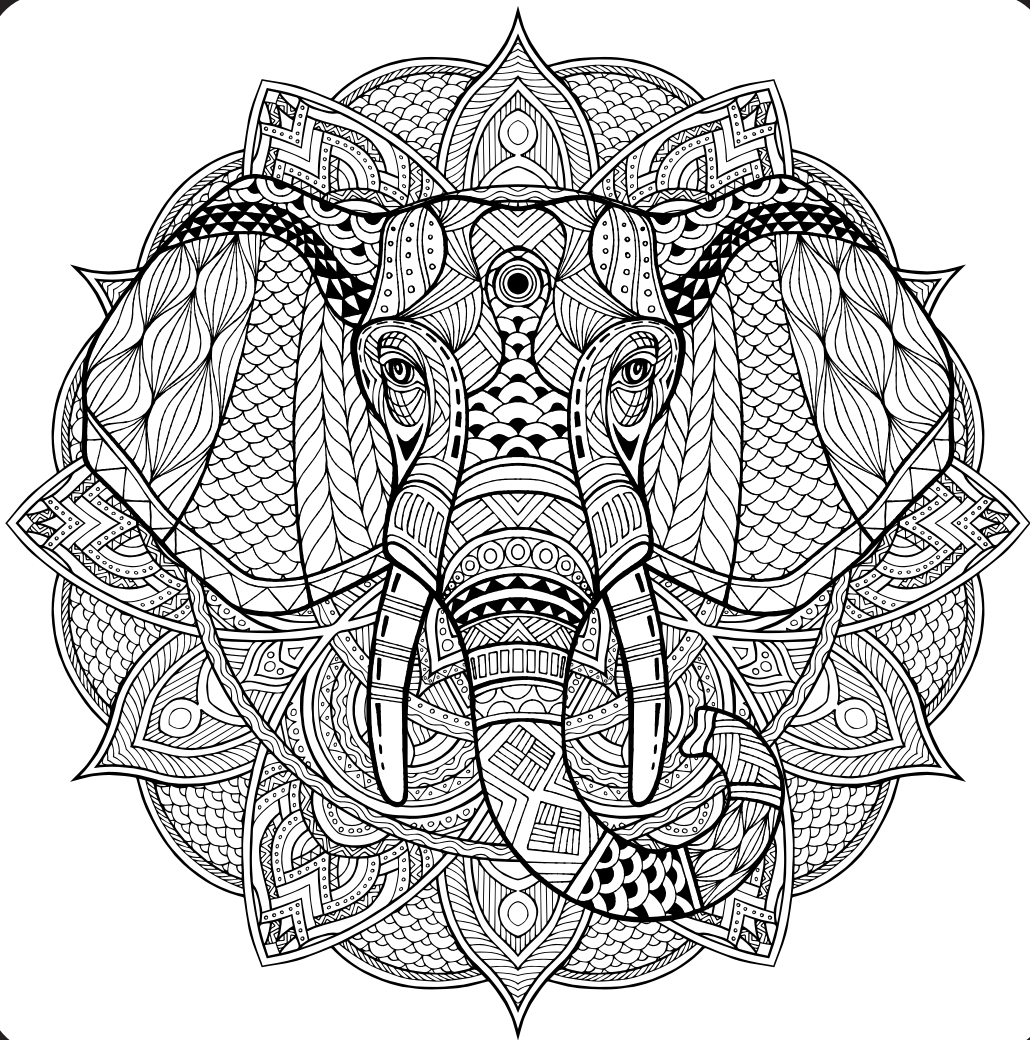
Which leap of faith am I grateful for taking, and how has it enriched my life?



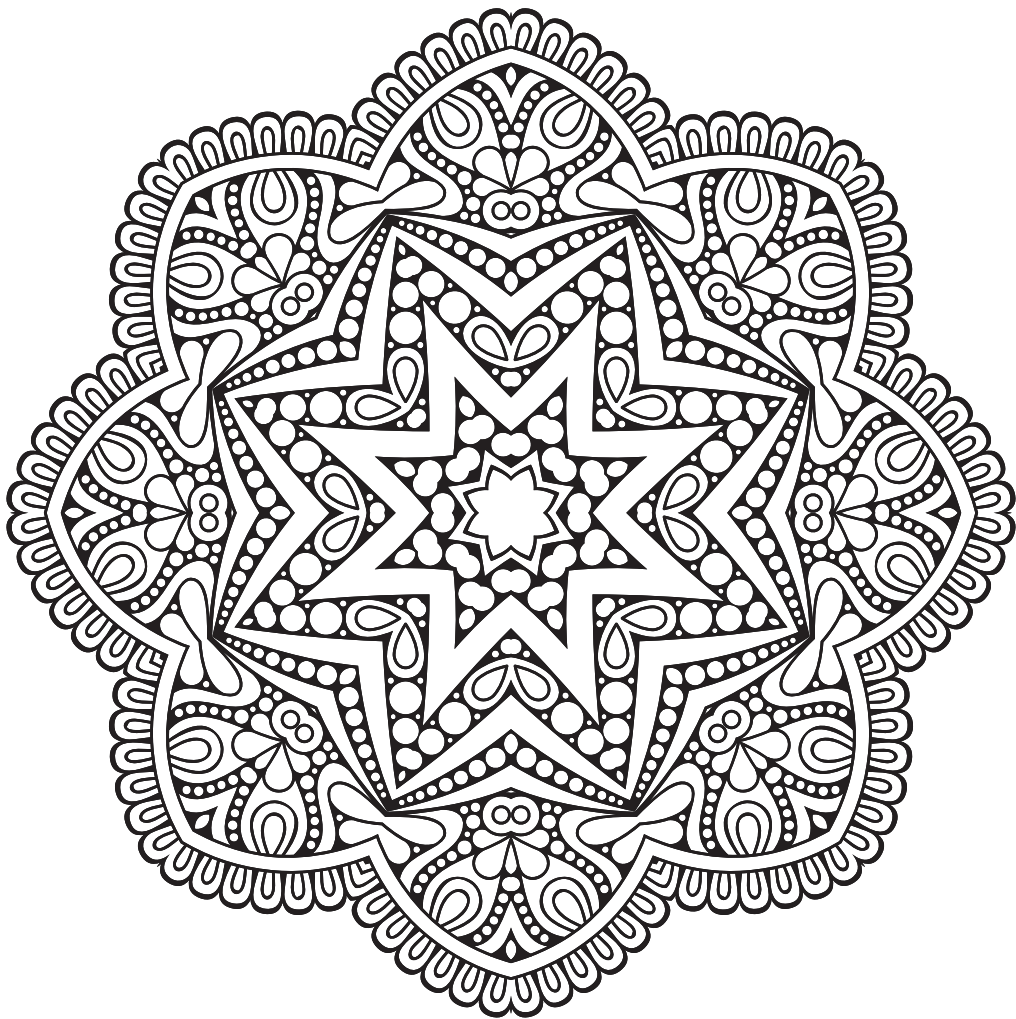
What big events in my life have made me who I am?



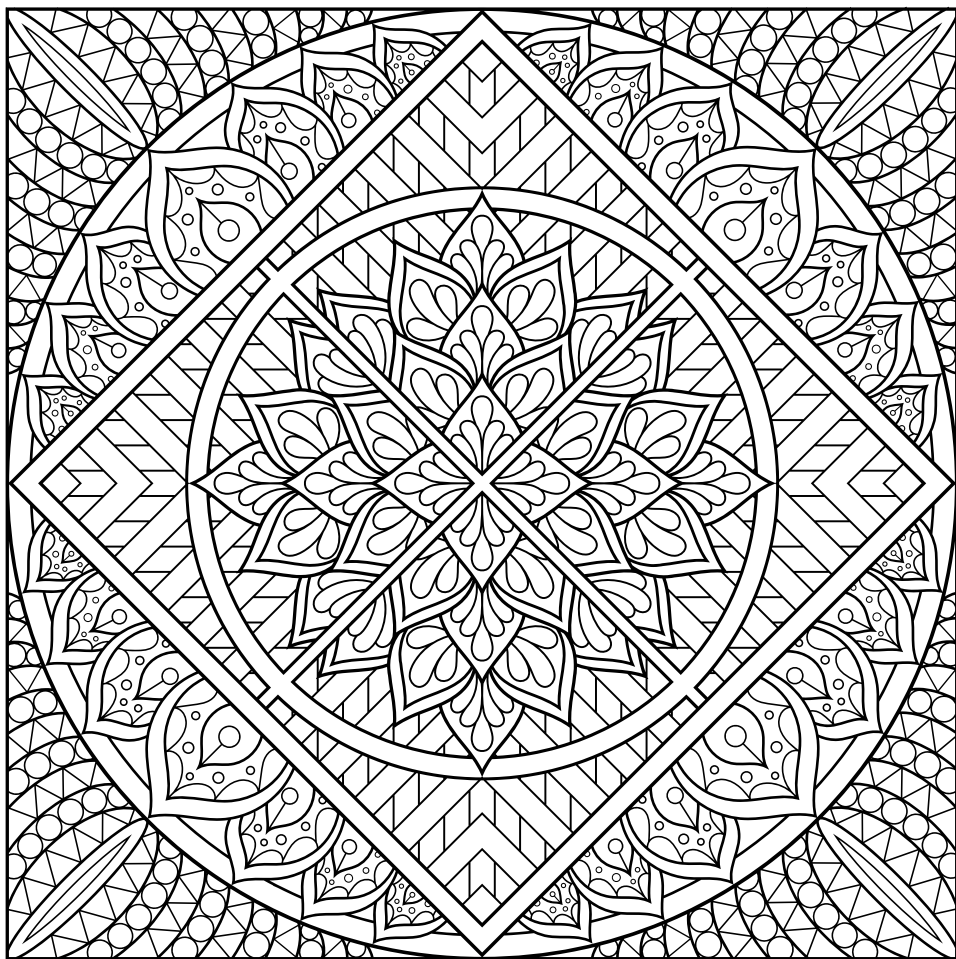
What would I tell my younger self to help with difficult times?



What small daily joy deserves more of my conscious appreciation?



If I were to teach something I love, what would it be and to whom?



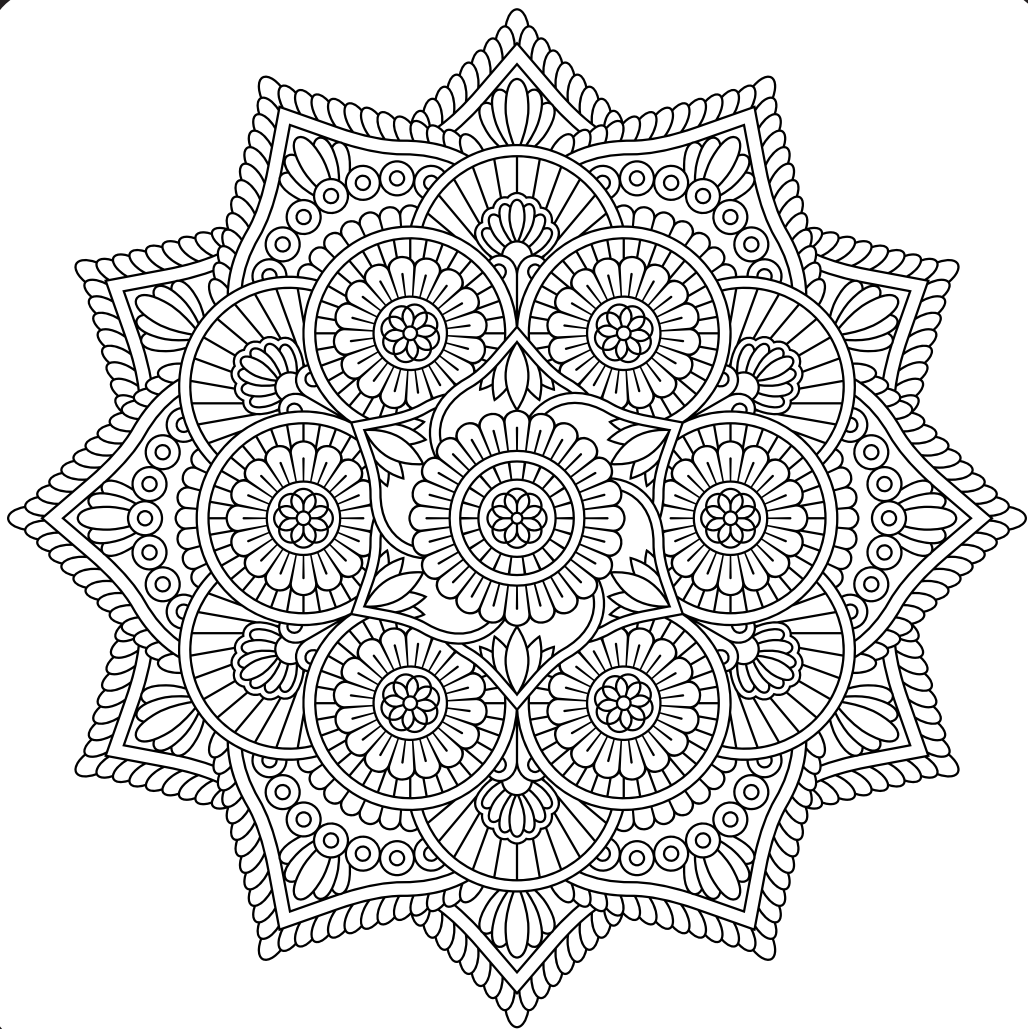
What meaningful impact or legacy do I aspire to leave,
and how can I take a step towards that this week?



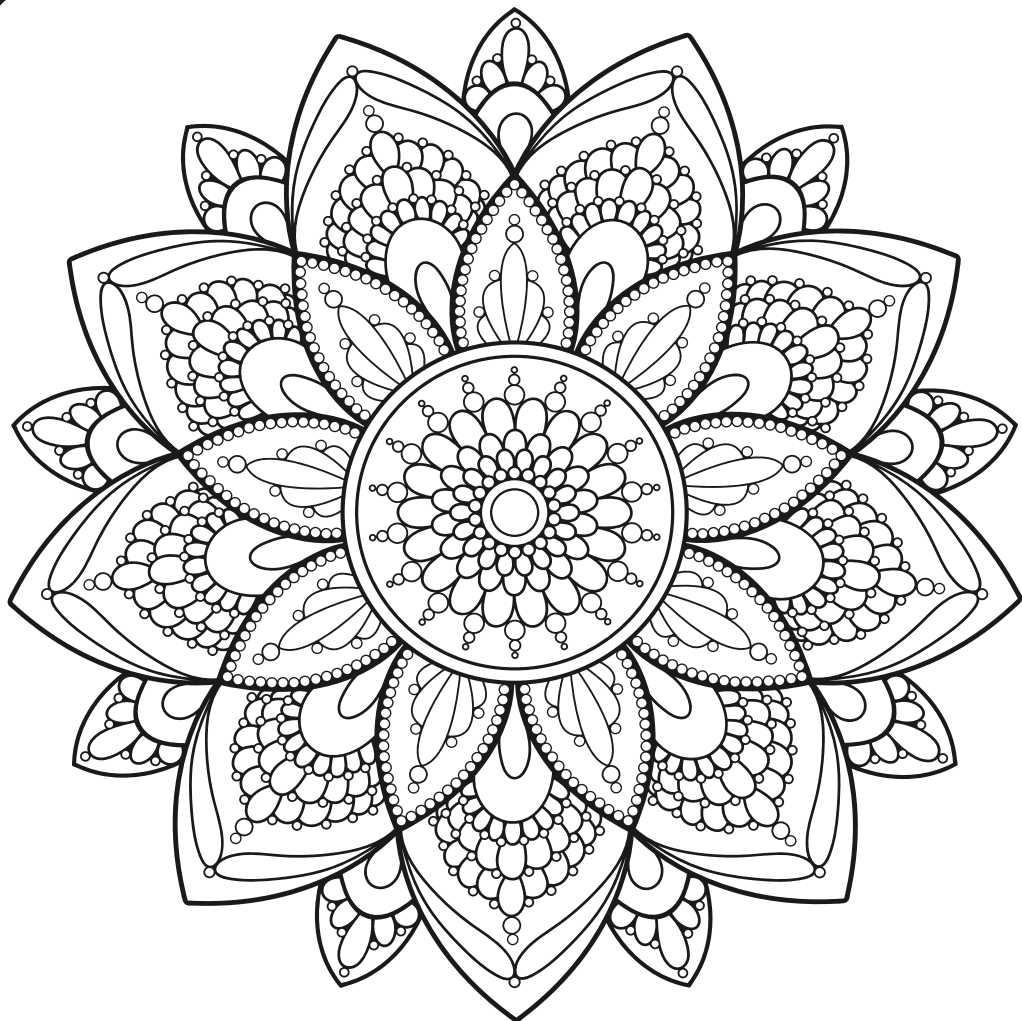
What are three things I'm thankful for today?



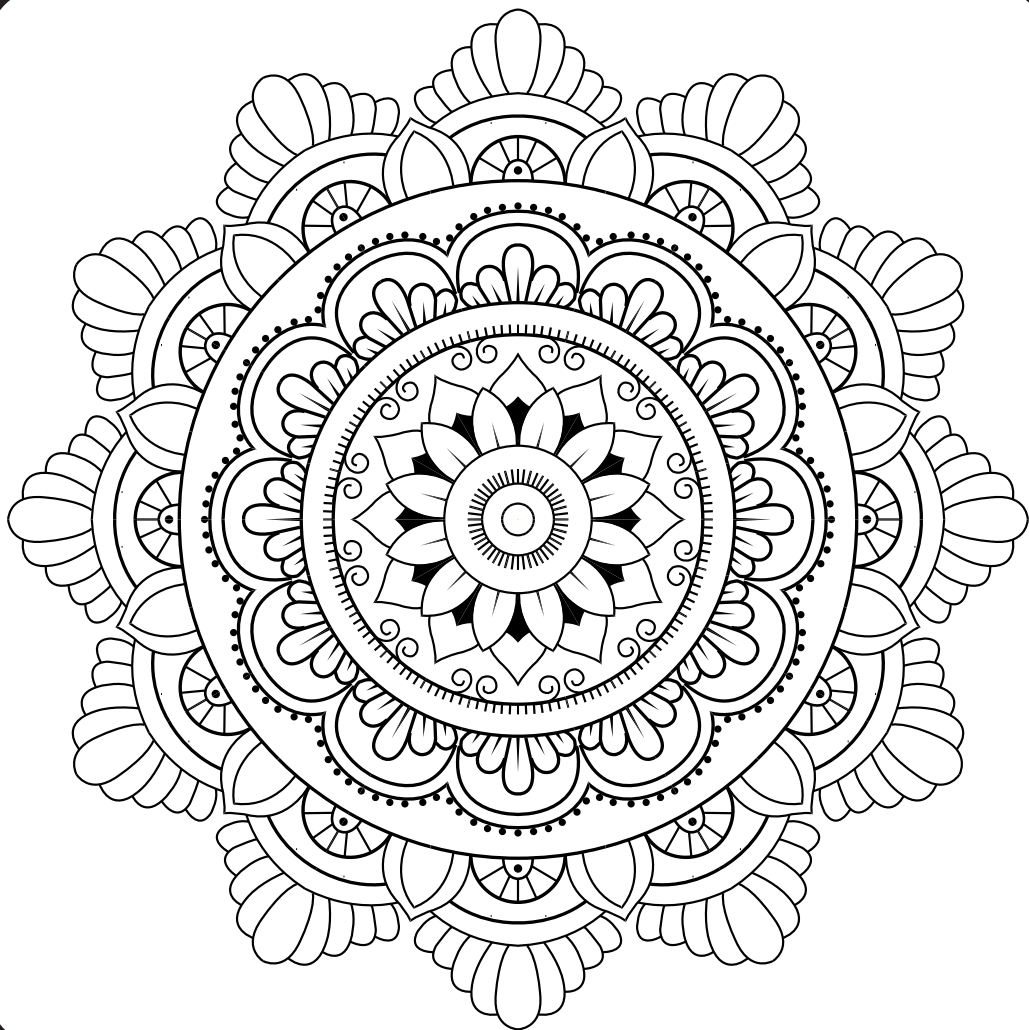
What have I done recently that would have surprised me a year ago?



Describe a choice you regret and what you learned from it.



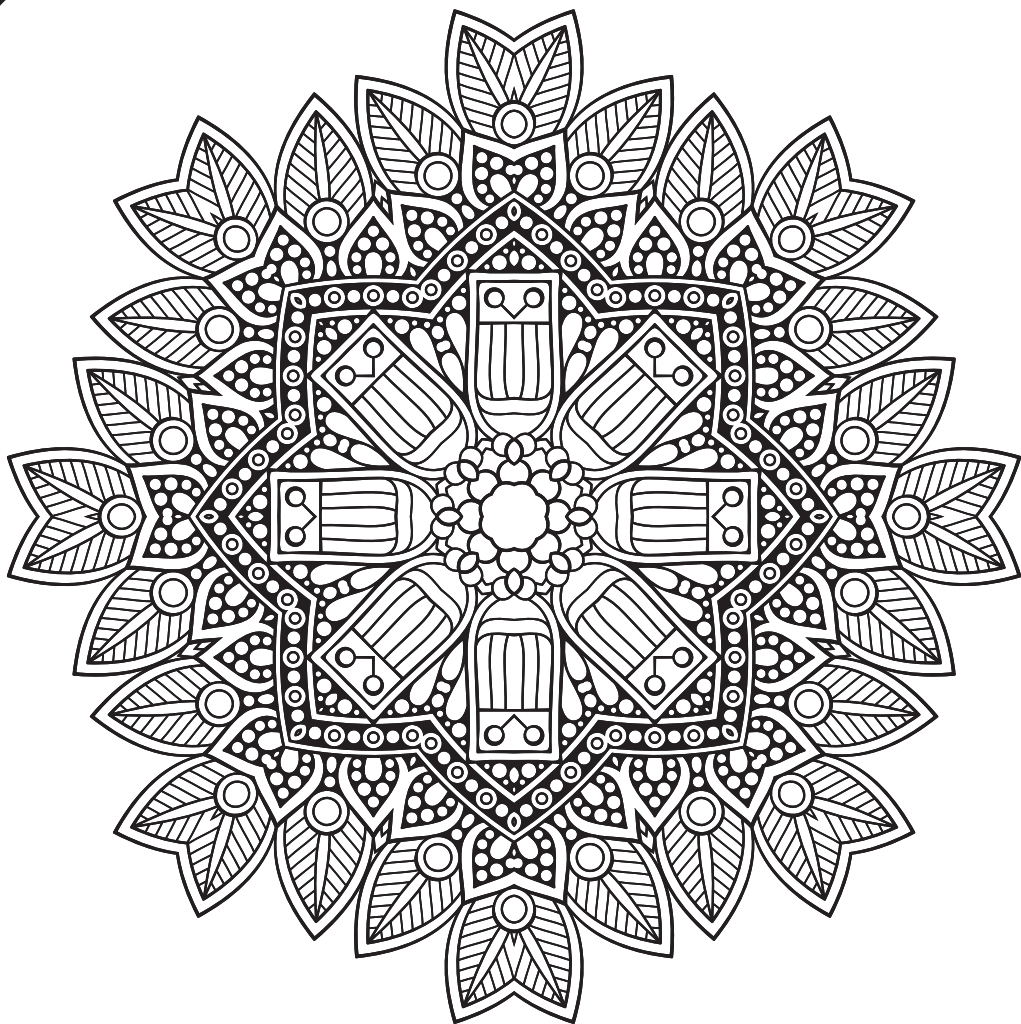
Which character from a movie, book, or life would I swap places with for a week?
What would I do?



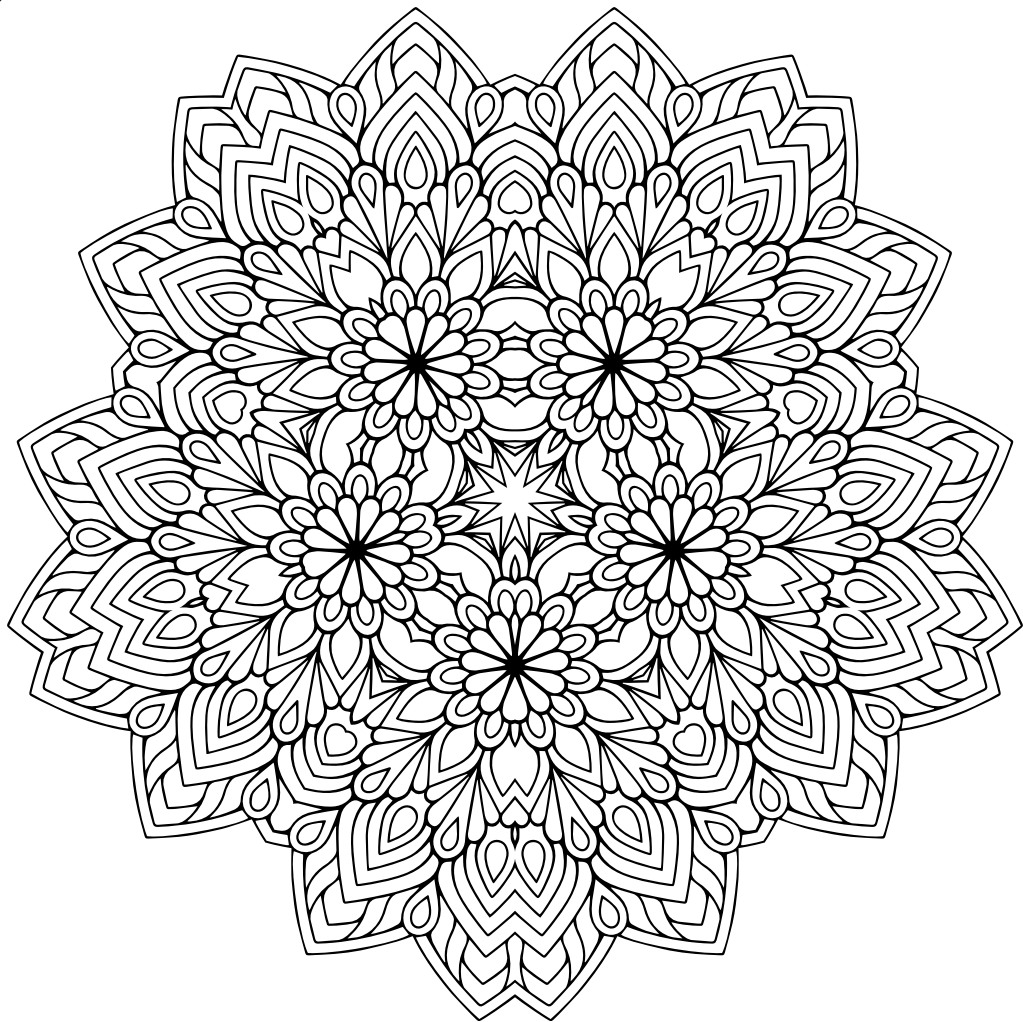
What advice would I share with my teenage self to navigate life's journey?



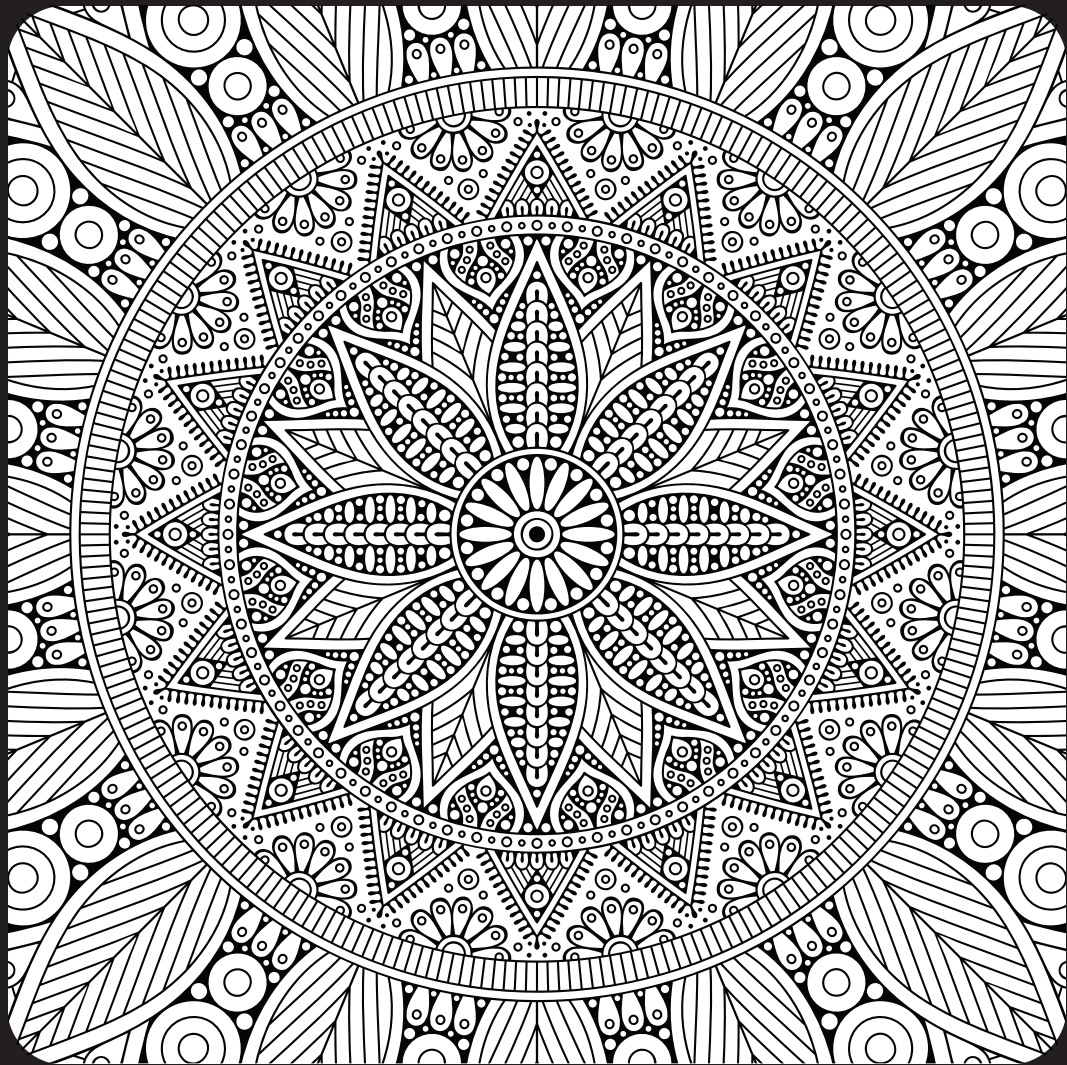
Write about a time I surprised myself with my own capabilities?



If your future self could give you advice right now, what would they say?



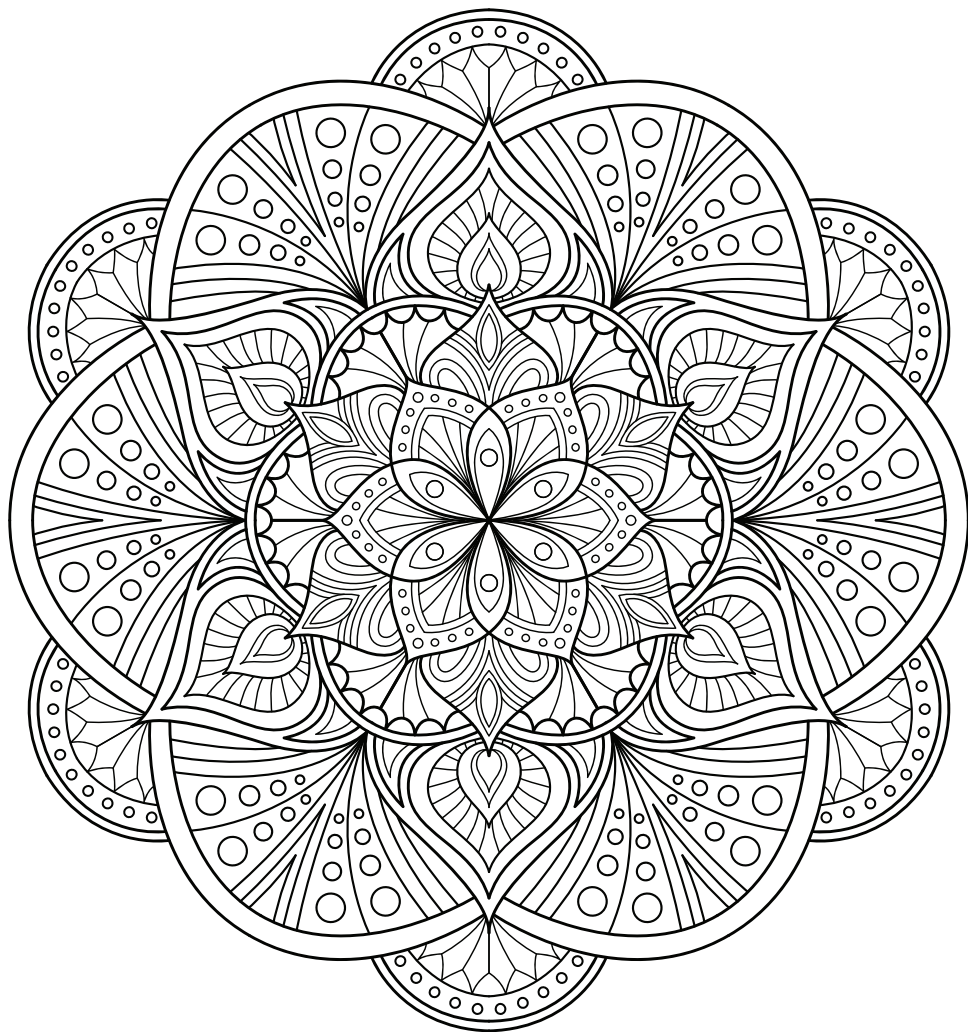
Describe the most fun I've had recently. What made it special?



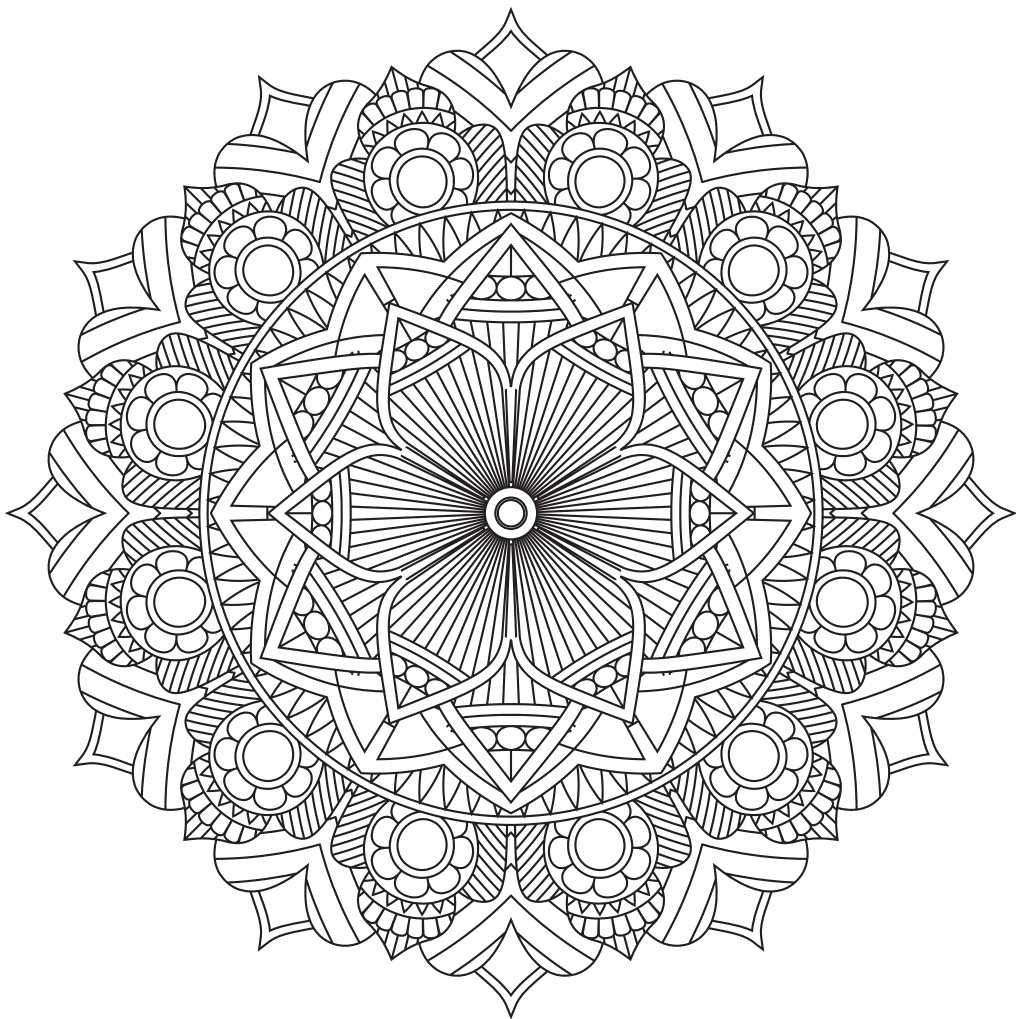
What are you most grateful for having done in your life so far,
and what are you relieved to have avoided ?



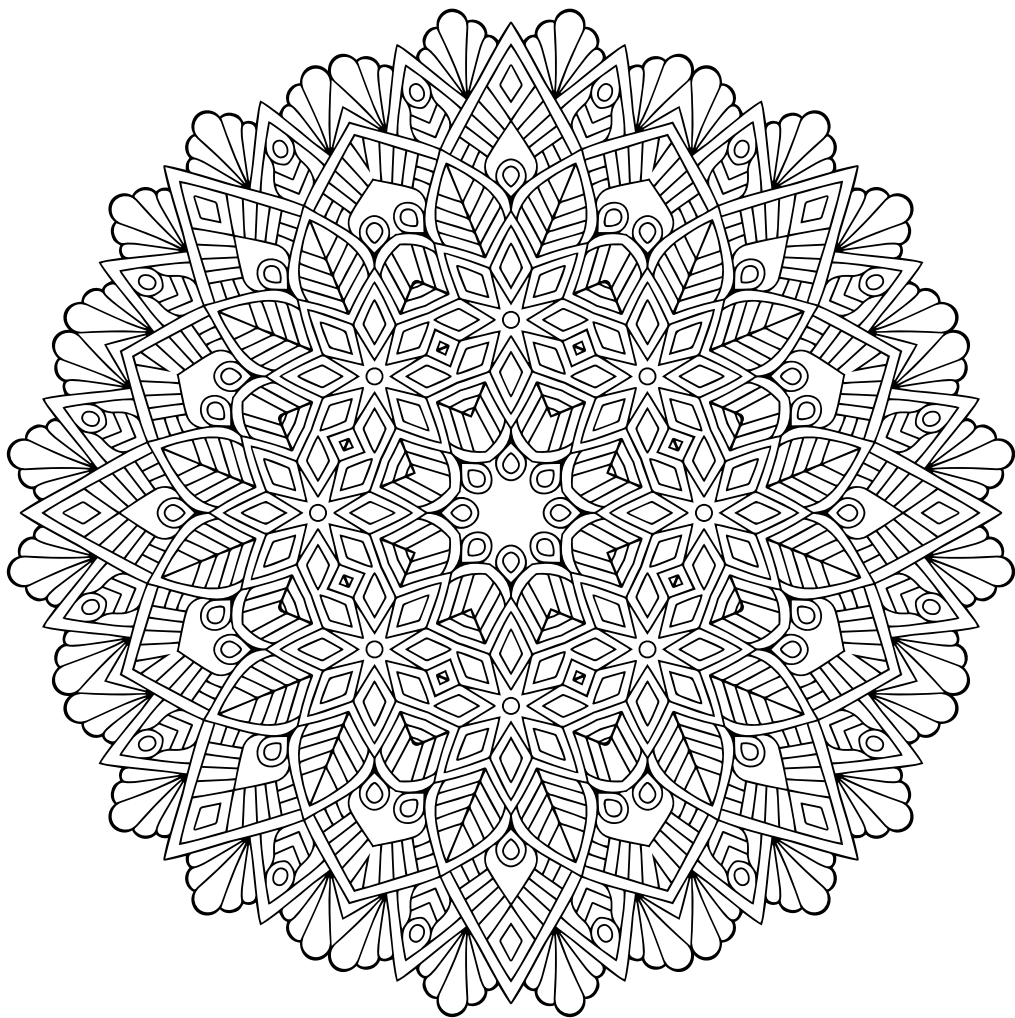
What recent personal growth or progress am I most proud of?



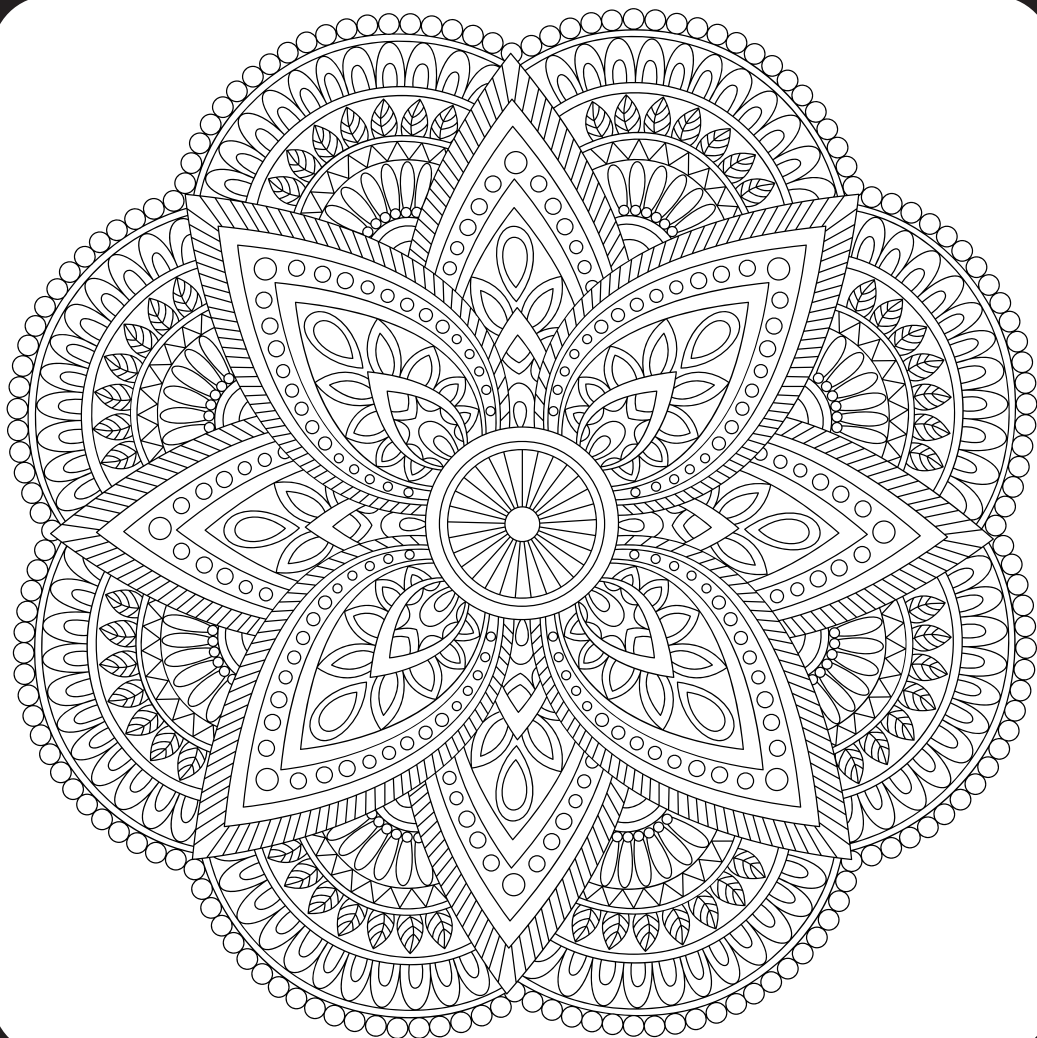
Who inspired me, and what would I say in a thank you letter to them?



What are 5 things I want to accomplish before the new year?



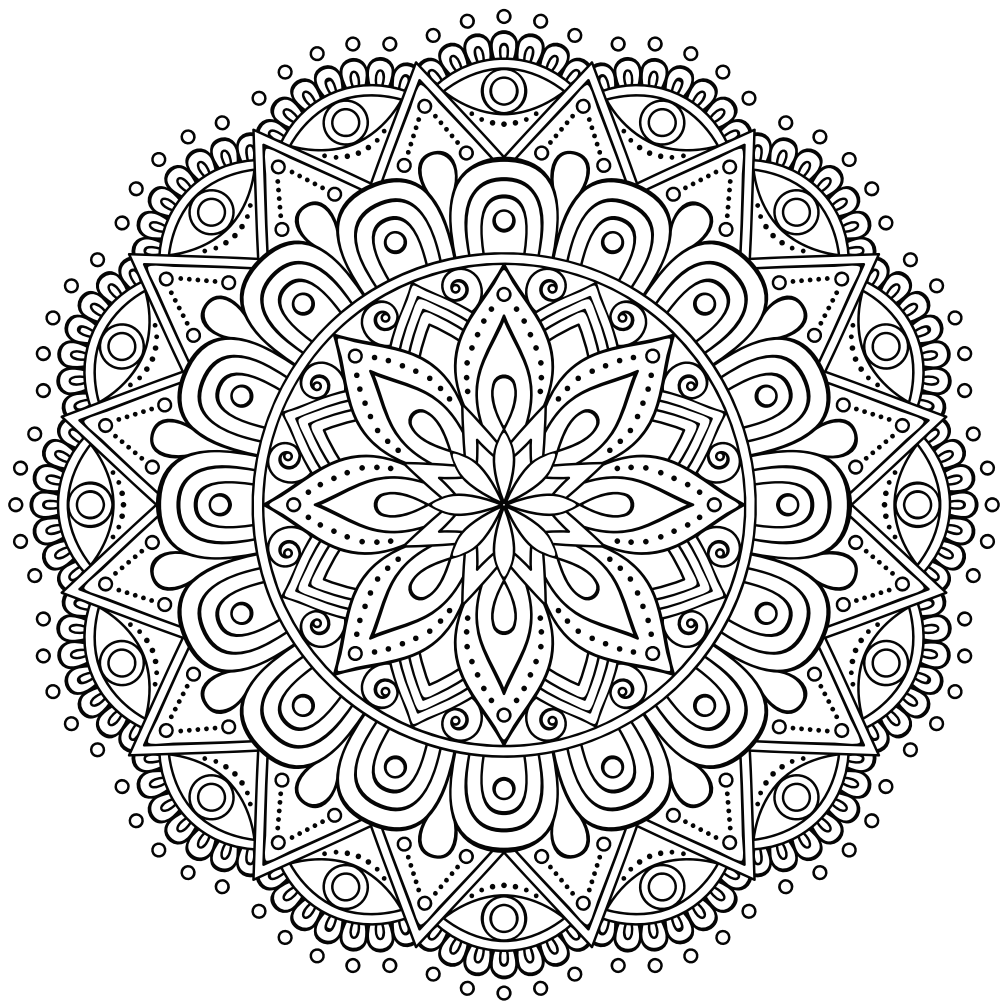
If I could have a conversation with any character from a book or movie,
who would it be and what would I ask?



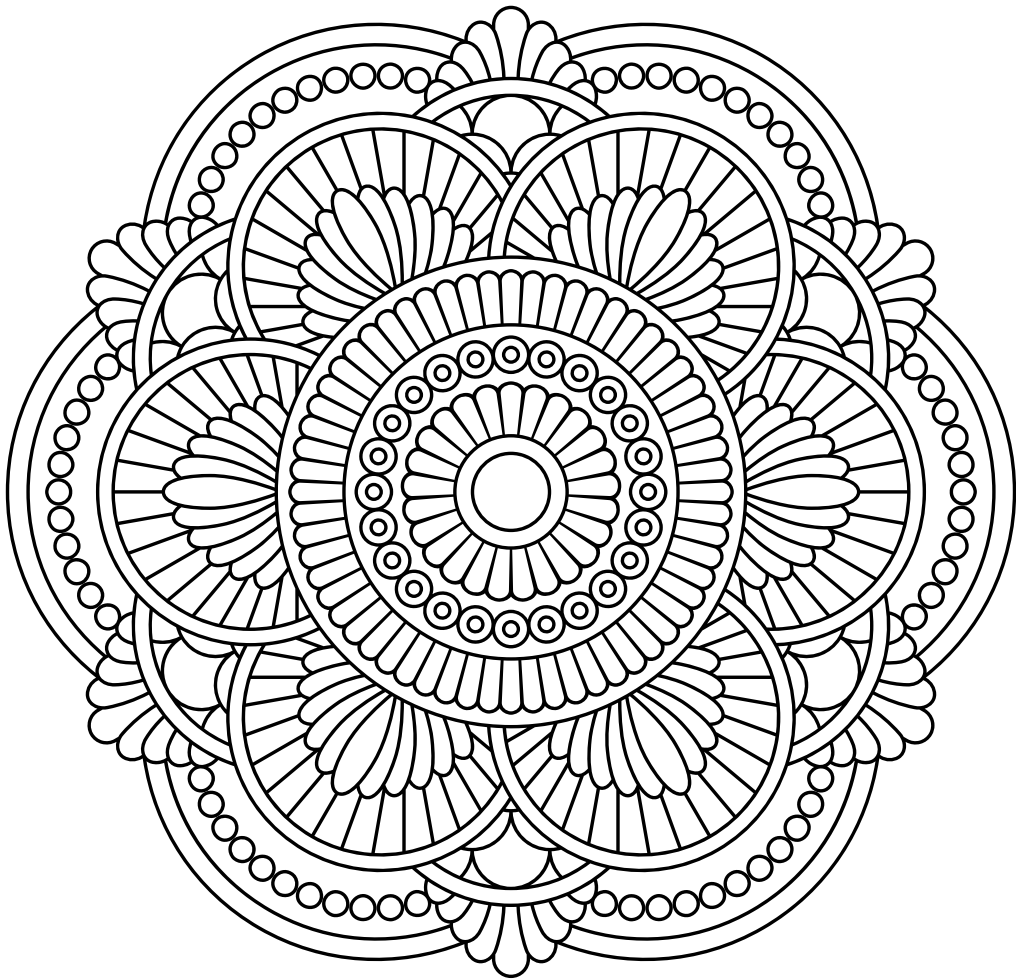
What new skill am I eager to learn, and what draws me to it?



Is there an area of my life that feels neglected right now, and what does it need?



Describe yourself using the first 10 words that come to mind.



Which city have I always wanted to visit? What would I do there?