

Rubik Ghosh

Reflection Guide

7 QUESTIONS TO HELP YOU REFLECT ON THE PAST YEAR AND TO
BECOME LIMITLESS

1. Day Zero

Almost all successful people ruthlessly analyse what's working and what's not.

IMAGINE YOU WERE FIRED FROM YOUR JOB OR YOU HAD A CHANCE TO START OVER YOUR LIFE. YOU'VE DECIDED TO TAKE CONTROL OF YOUR LIFE 100% TODAY. WHAT WOULD YOU STOP DOING? WHAT WOULD YOU START? IS ANYTHING GETTING IN YOUR WAY?

What would I immediately stop doing?

What would I start doing?

2. Blessings

An equanimous joyful state can be achieved by counting your blessings.

REFLECT BACK ON THE PAST YEAR AND THINK OF ALL THE PEOPLE WHO HAVE HELPED YOU TO GET YOU TO WHERE YOU ARE TODAY. HOW DO YOU FEEL? ARE YOU INSPIRED? GRATEFUL? BLESSED?

What or who was a blessing in your life this year?

What are two lessons you have learnt this year?

3. More and Less

Focus on the journey and not the destination.

WHAT HAS GIVEN YOU ENERGY? WHAT HAS DRAINED YOU? WHAT IS GIVING YOU MEANING AND PURPOSE? WHAT SEEMS DULL AND VOID?

**What do I want to spend
MORE time on going forward?**

**What do I want to spend LESS
time on going forward?**

4. Inner Circle

We become like those who we spend the most time with.

YOU END UP ADOPTING THE HABITS AND MINDSET OF THE PEOPLE YOU SPEND MOST OF YOUR TIME WITH. SELECT YOUR INNER CIRCLE CONSCIOUSLY AND CAREFULLY.

Who do I spend time with that bring me down or aren't helpful longterm?

Who do I spend time with that build me up or are inspiring?

5. Get Active

At times we need to go after things to really make them happen.

YOU DON'T NEED A GREEN LIGHT FROM LIFE TO MAKE THINGS HAPPEN. GO AFTER WHAT YOU DESERVE AND GO MAKE IT HAPPEN.

Who do I fear doing that I know I really should go and do?

What do I have to do to go and do this? How can I make it happen?

6. 80/20 Rule

Apply Pareto's Principle or the 80/20 Rule to areas where you want improvement.

HINT: 20% OF THE INPUTS GENERATE 80% OF THE RESULTS.

Where can I apply the 80/20 rule in my life to improve outcomes?

What can I do this next week or month that will make the rest of the year easier?

7. Vision

**Life happens for us NOT to us.
We are in control of our
future.**

YOU HAVE THE POTENTIAL TO MANIFEST ANYTHING YOU WANT TO.

**What personal qualities and
gift(s) are you ready to double
down on going forward?**

**List your goals you will
accomplish within a year's
time...**

**Are they achievable? What do
I have to do to make them
happen**

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**"Helping you become
Limitless"**

**Check out
rubikghosh.com**

for more Info.