

35 Questions That Will Change Your Life

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*Discovering Your Truth about  
Love, Work, Play, Friendships, Purpose,  
Problems and Gratitude*

by Mitch Meyerson

Author of  
Six Keys To Creating The Life You Desire



*six keys*

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**Feel free to forward this to anyone  
who might enjoy it.**

# Love



*"It is only with the heart that one can see rightly;  
what is essential is invisible to the eye."  
Antoine De Saint-Exupery*











# Work



*“Hope is a good breakfast, but it is a bad supper.”  
Francis Bacon*









10. What are two things that if I did consistently for the next month would really make a noticeable difference in my quest for greater success? Am I willing to commit to these positive action steps? If not, why not? If so, what specifically must I do this week?

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*“You miss one hundred percent  
of the shots you don’t take.”  
Wayne Gretsky*

# Play



*“Most of the time I don’t have much fun.  
The rest of the time I don’t have any fun at all.”  
Woody Allen*











# Friendships



*"A friend is a gift you give yourself."  
Robert Louis Stevenson*











# Purpose and Spirituality



*“A man without a purpose is like a ship  
without a rudder.”  
Thomas Carlyle*











# Problems



*“There is no crisis without a gift for you  
in it’s hands.  
We seek those crises because we need their gifts.”  
Richard Bach*



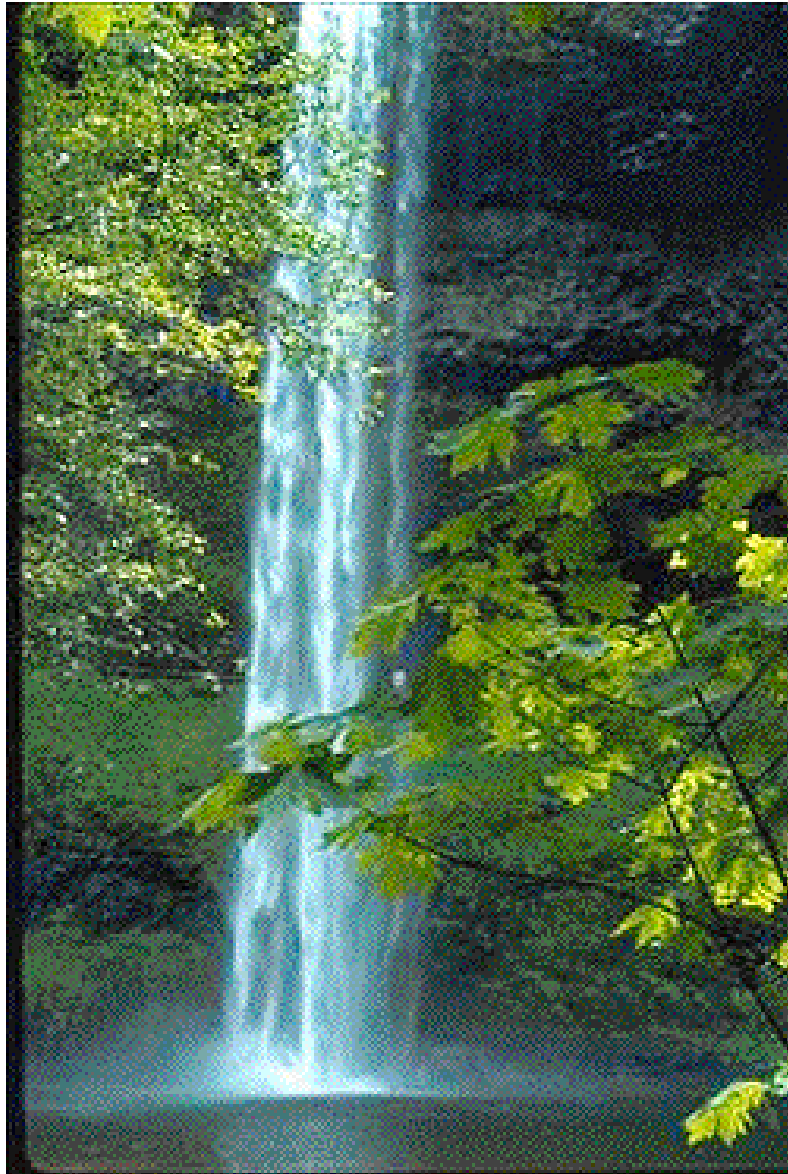








# Gratitude



*“Problems call forth our courage and our wisdom.  
It is because of problems that we grow  
mentally and spiritually.”  
Scott Peck*

31. What are ten things I feel grateful for in my life right now?

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*“What a wonderful life I’ve had!  
I only wish I’d realized it sooner.”  
Colette*









## About the Author

Mitch Meyerson is a consultant, author and coach. Over the last 20 years has been helping clients break through barriers in their personal and professional lives.

He is the author of six personal development books and audios including *Six Keys To Creating The Life You Desire*, *When Is Enough Enough? When Parents Love Too Much* and *Designing The Life Of Your Dreams*. His books appear in over 21 languages and he has been featured the Oprah Winfrey show.

He is also the Founder and Creator of The Guerrilla Marketing Coach Certification Program and has personally trained over 60 marketing coaches.

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## Books by Mitch Meyerson...

### On Six Keys to Creating the Life You Desire...

"Master teacher Mitch Meyerson has written a compassionate, powerful guide for anyone who wants to love life to its fullest; particularly useful laser-specific strategies for the self-help reader and psychotherapists. I firmly desire you read this book!"

-- **Harold Bloomfield, MD, author**, "How to Heal Depression" "Making Peace with Yourself" and "The Power of Five"

"This is a book that can make a real difference, that can finally explain why we so often struggle without reaching fulfillment and how we can finally break through these obstacles to our deepest desires."

-- **Matthew McKay, Ph.D. , author**, "Self-esteem"

### When Parents Love Too Much

"As parents, adult children often go to the opposite extreme from their abuse--one hundred and eighty degrees from wrong is still wrong. I think this is an important book. It definitely touched some of my parenting issues."

-- John Bradshaw, author, "The Family", "Healing the Shame that Binds You", and "Homecoming"

### When Is Enough, Enough? What You Can Do If You Never Feel Satisfied

"Outstanding contribution to spiritual/personal growth! Laurie and Mitch guide you beautifully and elegantly to fulfilling your "rapture"- the majesty, wonder and love of your life. You and yours deserve this!"

-- Dr. Harold Bloomfield, author, "The Power of Five", "How To Heal Depression", and "Surviving the Loss Of A Love"

### Drifting Off To Sleep

"After ten years of tossing and turning, I was amazed at how easy it was for me to fall asleep. Thank you!

Jean, Portland

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