

DISCUSSION QUESTIONS

RACHEL DEALTO **#BestLifeEver**

- What is your definition of happiness?
- What areas of your life are the most stressful?
- What are changes you can make to relieve that stress?
- What would your ideal life look like six months from right now?
- How are your relationships? What can you do to cultivate authentic relationships?
- How are you holding yourself back from your best life?

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