

110 Questions Introduction/Instructions

Over the past thirty years, this self-awareness process has evolved from a few friends gathering together on New Year's Eve to assess their results in the year just gone by, and look at and choosing aspirations for the new year.

This year, there are lots of new questions and some new purposes for the list. First of all, it was designed with the fact in mind that I am going to be doing personal prosperity coaching for clients interested in that service. What I ask each coaching client to do is send me the answers to as many of the questions as they like (up to all 110). This gives me a tremendous advantage in knowing what direction the client would most benefit from taking in his or her life.

Also, I am suggesting that everyone consider 2010 an opportunity for a

Fresh Start To The New Millennium.

After all, for many of us, the hopes and dreams and aspirations we had back in 1999 were not fulfilled. And 9/11 and its aftermath certainly didn't help. But who's to say we can't start over--after all, we humans invented the calendar in the first place. And this new epoch and century are just in their infancy. So as we begin the second decade, let's begin anew. The questions were designed with that in mind.

And while the list is self-explanatory and you really don't need instructions on how to use it, I do want to share some of the methods and tips that friends, Moneylove fans, and colleagues have told me enhanced the experience for them.

The pace you choose to answer the questions at is a very individual choice, and I leave you to it. Some people like doing it all in a rush, in a day or two or three. Others like to take a week or month to ponder each answer more deeply.

For those in a relationship, it can be useful to share each other's answers. This can also be done with a small group of friends.

Some people have even taken it a step further as a relationship exercise. What they do is reminiscent of the old *The Newlywed Game* TV show. What newly married couples would do in order to win prizes on that show is try to guess the answers to questions posed to their mates. Such as, "What is your husband's favorite thing to do in bed other than making whoopee?" (an actual question from that show). Great hilarity ensued when one spouse answered the question in a completely different way than their partner guessed. So this way of using the questions does involve having a sense of humor and sense of adventure and a lot of security in your relationship.

Most of all, enjoy the process. It's your toy, play with it as you like.

110 Questions For 2010

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1. What is the biggest risk you didn't take in 2009?
2. What new food did you taste for the first time in 2009?
3. What would you like people to notice about you in 2010 that they didn't notice in 2009?
4. If you can see 2010 as the start of a new millennium, what will be its one word theme for you?
5. What are you most willing to change about yourself in 2010?
6. What are you least willing to change in 2010?
7. How was your health and vitality in 2009 and how will you make it better in 2010?
8. If you could name three people you know as a support team, an entourage if you will, to help you achieve your dreams, who would they be?

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9. If you could name three people you don't personally know to your team, who would you choose?

10. What career or profession are you most sorry you never explored?

11. What one unique skill or talent do you have that has never made you a cent?

12. How would your life be different if you could turn that skill into major income?

13. If you were going to create a new blog on the Internet, what would its title and main focus be?

14. What do you think the majority of members of the opposite sex think about you when they first meet you?

15. What is the major difference someone who knew you in high school would see in you now?

16. What new knowledge or ability do you have now that you wish you had ten or twenty or thirty years ago?

17. If you had one hour to coach someone you want to help have greater success in life, what is the first thing you would tell them?

18. What class or course or training would most move you forward in 2010--how committed are you to actually doing it?

19. What is the one learning experience that was most useful for you in 2009?

20. List the three dumbest things you did in 2009.

21. List three smart things you are planning to do in 2010.

22. On a scale of 1 to 10 (10 being the highest), how creative were you in 2009?

23. What are you going to do to be more creative in 2010?

24. Name three major pleasures you had in 2009.

25. Name three new major pleasures you'd like to have in 2010.
26. Who is the man who was most important to you in 2009?
27. Who is the woman who was most important to you in 2009?
28. What person, man or woman, do you think will have more importance and significance in your life in 2010 than they did in 2009?
29. How confident and pleased are you with your current level of computer skills?
30. How well do you feel you utilize the Internet for business, knowledge, or personal growth?
31. What is the one thing you could have more of in 2010 that would have the most impact on the quality of your life?

32. What was one example in which you were thinking small, expressing limited aspirations or desires--in other words, "ordering short" in 2009?

33. What is one way you are determined to ask for more of what you want in 2010?

34. What was a guilty pleasure in 2009--something you thoroughly enjoyed and delighted in but would be embarrassed to tell most people you know?

35. What is something you would like to do for the first time in 2010, but are a little uncomfortable telling people about?

36. Did you accomplish the following in relationship to your expectations in 1999 for the then impending New Millennium?

_____ everything I wanted and more

_____ most of what I wanted

_____ hardly anything I wanted or desired

_____ nothing I planned or expected

37. If you could see 2010 as a true new beginning for a new millennium, what you most like to do or accomplish or have happen for you?

38. Were you in love in 2009?

39. How is the love aspect of your life looking for you for 2010?

40. What could you do now to assure that 2010 is a more loving year for you?

41. What did you do/learn in 2009 to make you a better lover?

42. What do you think you can learn in 2010 to make you more aware in the area of human sexuality/sensuality and how better to please a lover?

43. What is an income increase in 2010 that is reasonable, desirable, and achievable for you?

44. Seeing 2010 as the start of the new millennium, how will you celebrate in a way you didn't get to do in 2000?

45. Who did you learn the most from in 2009?
46. What would you like to learn more about in 2010?
47. What do you think you know as much about right now as you need or want to know?
48. Who is more passionate--you or your spouse/lover?
49. If you are in a relationship, which of you is more prosperity conscious?
50. If in a relationship, which of you is more computer savvy?
51. What new skill or information about computers and the Internet did you learn in 2009?
52. What are you planning to learn about computers and the Internet in 2010?

53. What support or information resource do you most want to find and access in 2010?
54. How much money would you like to make in the next thirty days? How much in the next year?
55. What would it take to increase your income tenfold?
56. If you had to choose, would you pick a job or profession that would guarantee you a great pension, or one that was so satisfying and so much fun you would never think of retiring from it?
57. What would you want to do in 2010 if you were retired and financially secure?
58. If you had all the money you could possibly want, what would your biggest worry then be?
59. How much time did you volunteer in 2009 to make the world a better place? And how can you improve that in 2010?

60. What issues have you most avoided dealing with so far, and what are you willing to do about that in 2010?
61. If you disappeared for the entire next year, who would be the most affected and/or miss you the most?
62. On a scale of 1 to 10, how successful and worthwhile do most of your friends make you feel?
63. Who is the one friend you could most do without in 2010?
64. What is the most important new thing you learned in 2009?
65. If you weren't doing what you're now doing as your primary source of income, what career would you choose?
66. Do you feel good and rich carrying a large amount of cash (over \$1000), or anxious and unsafe?
67. How many things coming up in your life are you really looking forward to?

68. Be honest, when you received this questionnaire, did you have a sense of positive expectancy, or a feeling of an unexciting chore to complete?

69. Who are the three motivational speakers/authors you've been most impressed with, and what one idea or practical suggestion of theirs have you put into practice in your life?

70. What part of your personality are you most willing to let go of in 2010?

71. What unrealized potential do you have that you are willing to work on activating in 2010?

72. What was your biggest triumph in the past year?

73. What one word or phrase best describes your experience of the first decade of the new century?

74. How would like to see your living environment change in the next year?

75. If you got to have dinner with three people in the news in 2009, who would you choose?

76. Who was the most fascinating new person you met in 2009?

77. What three things will be most different about you in the next year compared to the past year?

78. What is the biggest secret you are keeping?

79. What could you do a lot faster in your life?

80. What was the biggest surprise in your life in 2009?

81. What would most surprise you if it happened in 2010?

82. What obstacle to your success are you most committed to overcoming in 2010?

83. Other than yourself, who do you know who went through the most changes in 2009?

84. What did you say "Yes" to in 2009 that, in hindsight, you would have rather said "No" to?
85. What event in your life in 2009 would you most like to repeat in 2010?
86. What is the one thing missing in your life that would have made 2009 a much better year for you?
87. What creative effort in 2009 gave you the most joy and sense of accomplishment?
88. What was the most generous and gracious hospitality you received in the past year?
89. What did you do in 2009 that you had no idea you would do back in December, 2008 or January, 2009?
90. What is one thing you said or did in 2009 that you would most like to erase from your memory and everyone else's?
91. What was the smartest decision you made in 2009?

92. What is the biggest decision facing you in 2010?

93. What was the most fun you had spending money in 2009?

94. What was the biggest waste of time in your life in 2009?

95. What new person in your life are you most looking forward to getting to know better in 2010?

96. What turned out better than you expected in 2009?



97. What was the most fun you had making money in 2009?

98. If you could have a video recording of one experience from 2009, which would you choose?

99. What was the best compliment you received in 2009?

100. What would you like to do in 2010 that would surprise most people who know you?

101. What was your greatest source of spiritual nourishment in 2009?

102. What one thing would you like to say to someone special that you didn't say in the past year?

103. What are you most excited and proud about completing in 2009?

104. What group or organization had the most impact on you in 2009?

105. What was the best idea you had in 2009?

106. What is the main thing you can do to make 2010 a lot more fun than 2009?

107. What is the main thing you can do to make 2010 a lot more prosperous than 2009?

108. What is one thing someone you know did in 2009 that you most admired or envied?

109. After going over this entire list of questions, which one remains most vividly in your memory, or has surprised you or given you the most to think about in terms of where you are and where you are going in your life?

110. Imagine it's January 1, 2011, and you are logging onto Twitter to write a 140 character description of the year just gone by. What would you like to be able to say about 2010 after all is said and done?

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