

Sample Questions for Posting

- How are you feeling today?
- If you never had to work again, what would you be doing?
- What is your number 1 fear you wished you did not have?
- What are you most worried about?
- What keeps you awake at night?
- If there were one thing you wanted to change in your relationship, what would it be?
- What is it do you feel holds you back from weight loss?
- What is your number 1 frustration in life?
- What is the dream that you have not yet realised and you wish you could?
- As a parent what is your biggest prayer for your child or teenager?
- As a parent what is your number one concern for your child?
- I'm curious what is the number 1 problem in your health that you wish you could solve now?
- What do you love about Yoga?
- What do you hate about Yoga?
- What do you feel is the number 1 challenge people face in their relationship life?
- What is the number 1 reason people feel unhappy in their relationship life?
- What is the one area in life you would want to change?
- What are is your number 1 worry or fear that you would want to solve?
- What are you afraid of?