

*Queens of Virtue*

It's time to set

The Goal  
Standard!

*Queens of Virtue* is here to help you achieve your goals. But first we must clearly define what your goals are. Below are 14 questions about your relationship, financial, physical, and mental health goals. Each question makes a great journal prompt, so feel free to write down your answers in your notebook/journal. You can also discuss your answers with us, if you so choose, when you book your session or course.

## *Relationship*

1. What are you looking for in a mate?
2. If you were to meet this person tomorrow, would you be ready to date them?
3. What kind of mate do you think this person is looking for? Are you that person?
4. Have you gotten over your exes? If not, what is holding you back?
5. If you could change one thing about your relationship life, what would it be?

## *Financial*

6. Are you satisfied with your financial/career life? If not, in what ways would you like to change your financial/career situation?
7. How has your finances/career life been affecting you lately?

8. Do you think you would feel better about yourself once you change your financial/career life?

## *Mental*

9. Are you mentally healthy? If not, what would you like to improve about your mental health?

10. How has your mental health been affecting your life?

11. Do you think you would feel better about yourself once you are mentally healthier?

## *Physical*

12. Are you satisfied with how you look? If not, what would you like to change about your looks?

13. Are you in good health? If not, when would you like to start improving your health?

14. Do you think you would feel better about yourself once you enhance your image and improve your health?