

The purpose of this book is to determine you to be present in your life, to use your inner power as much as possible and to live your life intentionally at a higher level than you have lived so far.

You will discover real lessons through the answers you will give and through the actions you will take later. Some of you will think that you don't know the answer to some questions. Believe me, you know the answer to every question, but sometimes it's harder to find it.

There is only one way you can cheat: don't answer questions honestly. Instead, your friend agrees to discuss some questions in groups of friends, agrees to share questions on social networks, and challenge your friends to discover more perspectives. Then draw a line and see with which answer you resonate the most.

Enthusiasm and curiosity may make you read and answer all your questions in one day.

But the greatest value comes when you answer one question a day. This recommendation is also a very good

exercise through which you can train your discipline.

Most of the questions have a short space in which you can write the answers. When you want to develop more the answers, it is good to use your personal agenda in parallel. I know we live in the age of speed. That is why the book is designed so that its daily reading lasts a maximum of 5 minutes.

I also know that you spend time every day on a social network. For this reason, we have created a group on Facebook in which you are invited to be part to discuss some questions with the rest of the people who have already purchased this book. The group is called "365 questions".

Thank you for choosing to be friends with this book and thank you for choosing to be part of the category of people who always want to take their lives to another level!

With friendship,

Cristina

THE CHALLENGE 8

"We tend to feel more comfortable with people who have a level of self-esteem similar to ours."

-Nathaniel Branden

I CHALLENGE YOU TO ANSWER THE FOLLOWING QUESTION:

What can you do to feel comfortable in a group of people who have very high self-confidence? ”

I would do the following 3 things:

1.

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2.

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3.

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THE CHALLENGE 112

"After all, I'm not as interested in what you have to say or sell as I'm interested in how you chose to live and give. "

-Cory Booker-

I CHALLENGE YOU TO ANSWER THE FOLLOWING QUESTION:

How do you choose to live today and what do you think will be the consequences of these elections?

Answer:

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THE CHALLENGE 243

"Make three correct, consecutive predictions and you will be considered an expert."

-Murphy's Law-

I CHALLENGE YOU TO ANSWER THE FOLLOWING QUESTION:

If he could talk, what do you think would predict your current habits?

Answer:

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THE CHALLENGE 259

“If penicillin was made from moldy bread, surely something can be made from you too. “

-Muhammad Ali-

I CHALLENGE YOU TO ANSWER THE FOLLOWING QUESTION:

Looking at your experience, who could you teach what you know best so you can get an extra source of income?

Answer:

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THE CHALLENGE 325

"There are 3 constant things in life:
change, choices and principles. "

-Steven R. Covey-

I CHALLENGE YOU TO ANSWER
THE FOLLOWING QUESTION:

**What principles do you guide in
your life?**

Answer:

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2.....

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3.....

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4.....

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5.....

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