

# Triple R day Questions

These are open ended questions to ask yourself on Triple R days. The intent is to help you have a critical and deep conversation with yourself. None are “yes or no” questions. There are over 100 questions here, so you can ask yourself a different question every Triple R day. Or you can ask yourself a few poignant questions at various times throughout the year on several different Triple R days.

These questions will be updated so keep checking back.

## How to use the Triple R day questions

- Read through this list and highlight the ones that stand out to you as hard questions to answer.
- On Sunday, while deciding your two Triple R days for the week, decide on the questions you want to ask yourself.
- On your Triple R day, decide on the best time to ask yourself the questions. It could be during morning meditation, at lunch instead of eating, or on a long walk when you get home. Record the conversation on your smart phone, and keep it to 10 minutes at a time.
- Occasionally listen to past answers.
- Transcribe the best answers here: [www.speechpad.com](http://www.speechpad.com)

## General questions – that one thing

These questions are about your special talent. That thing we each do better than anyone else we know. Each of us has something. Discovering that one thing is one of the steps in developing passion. As Ben Franklin said, “*if passion is our driver, let reason hold the reins.*” The time for reason is later.

1. What is the one thing I can do better than any person I know?
2. If I got better at that one thing, how would it make my life better?
3. If I got better at that one thing, how would that make others’ lives better?
4. Why am I not doing that one thing more?

## Time orientated

None of us knows how long we have left. What we do know is that it will not be long enough to accomplish everything we are capable of. We also know we waste a lot of this precious time. These questions focus your mind on priorities.

1. What would I do if I knew I had 24 hours to live?
2. What would I do if I knew I had one month to live?
3. What would I do if I knew I had one year to live?
4. What would I do if I knew I would live forever?
5. What would I do if I knew my time on earth was undermined?

6. If I was given an envelope with my exact time, place, and manner of death, would I open it?
7. What age do I feel like inside and why?

### **Fear orientated**

These questions are about fear. Fear can seriously demotivate you. Fear can stop you in your tracks. I remember jogging in the woods and seeing a 10 foot rattlesnake stretched across the path. I changed my horizontal momentum into vertical momentum in a movement that had to be epic to watch. That was an external threat. Internal and spiritual threats are just as scary, but sometimes they are hidden. None the less, they need to be examined.

1. What would I do if I was not afraid?
2. What would I do if I was always afraid?
3. Why is it possible for me to go from afraid to fearless?
4. What do I fear the most?
5. What am I most confident about?
6. What if I lost the most important item in my life?

### **Money orientated**

Money is often misquoted as the root of all evil. For most of us, money is the tool we use to hunt and gather our food in modern times. Money may not be the root of all evil, but money can be traced as the root of bad decisions. For the first question, think of a monumental mistake you made.

1. What decision would I have made, if money wasn't an issue?
2. What would I do if I had all the riches I want?
3. What would I do if I was poor?
4. What would I do if I was rich, but knew I would lose it all tomorrow?
5. What would I do if I was rich, and I knew it would last forever?
6. IF I could only keep five possessions, what would I choose, and why?

### **Why me?**

"Why me?" questions are about your purpose. Most people want passion and purpose in their lives, but want it handed to them. For instance you might ask, *if I was passionate about something, wouldn't I know it?* The simple answer is no; the more complicated answer would be "why not?" As with the UdP, each of us takes the path individually, even when we have a partner. As the ancient Greeks used to say "Know thyself."

1. What is my purpose?
2. Why am I so blessed?
3. Why am I so cursed?
4. Why do I take responsibility?
5. Why don't I take responsibility?
6. What do I want to do with my life?
7. What do I regret the most?
8. What am I most proud of?
9. Where will I be next year?
10. What is my story?
11. Where will I be in 10 years?
12. What do I want people to say about me at my memorial?
13. What am I good at?
14. What am I bad at?
15. What do I despise?
16. Who do I look up to?
17. What are the attributes of a real hero? How many do I have?
18. What would I change about myself? Why?
19. What do I like most about myself? Why?
20. What motivates me in my life?
21. What demotivates me?
22. How do I handle stress?
23. How do I handle depression?
24. How do I define success?
25. What are my values?
26. What am I passionate about?
27. What am I doing when I feel most like myself?
28. What was my toughest battle and how did I handle it?
29. What makes me vulnerable?
30. What makes me feel safe?
31. How am I spiritual?
32. What is in my bucket list?
33. What does "honor" mean?
34. What does "morals" mean to me?
35. How do I want to be remembered by my children, spouse, mother, father, siblings and coworkers, after I'm gone?
36. What does my ideal life look like?
37. How am I ruled by emotions?
38. How am I ruled by logic or reason?
39. What is the one thing I know for sure? How?
40. What do I doubt the most? Why?
41. What happened the last time I cried?

42. When was I hurt the most?
43. What was the hardest thing I have ever done?
44. What was the greatest day of my life?
45. What was the last miracle I saw?
46. Is there a secret no one knows about me?
47. When did I compliment a complete stranger?
48. Is there a chore I secretly like to do?
49. Am I operating on all cylinders (living to my fullest capacity)?
50. How do I deal with the "bully" within myself?
51. What am I an expert on?
52. What mistake do I keep on repeating?
53. What miracle do I refuse to believe?
54. Do I want to live in the past?
55. Am I happy?
56. What is the best compliment I ever received?
57. What is the most out-of-character decision I ever made?
58. What is my favorite book of all time?

### **Relationship-oriented questions**

No one is an island. Even loners have to interact with other people at some time.

**Warning:** These relationship questions can be dangerous. They sound safe enough, but since most people never question their relationships, any question can make you face answers you are not prepared for. Proceed with caution. These dangerous questions are extremely important to ask.

1. What makes me a good partner?
2. What am I looking for in a life partner?
3. What is in their bucket list and how do they match with mine?
4. What kind of partner do I need to share my darkest secret with?
5. What is cheating in a relationship?
6. When was the last time I genuinely screamed at my partner?
7. If I had \$5000 to spend on my partner, how would I spend it?
8. When did my partner most disappoint me?
9. When did I disappoint my partner last?
10. Why I was initially attracted to my partner?
11. How would my partner describe me?
12. How would I write the perfect love note?
13. How would I compliment my partner?
14. What will I miss about my partner when he/she is gone?
15. What will they miss about me when I'm gone?

16. What would my partner and I do if he/she had one month to live?
17. What would my partner and I do if I had one month to live?
18. How would our relationship change if we both lived forever?
19. Are we happy?
20. Do we want to continue as we lived in the past?

## **Societal Questions**

Where do I fit in society? I find these the least important, but once you "know thyself" and you know your partner, you will want to consider how you fit into the world at large. These questions might have been answered before, but now the focus is on you and the world. As my dad use to shout every morning on the front porch of my childhood home, "**Hello World!**"

1. Do I have an obligation to society?
2. Does charity work?
3. Would I accept charity for myself? My family?
4. What is government's role in my life?
5. What is the spiritual world's role in my life?
6. Have I ever met someone truly evil?
7. Have I ever met someone truly good?
8. When was the last time I was kind to a stranger?
9. Am I entitled to anything?
10. What does my God look like?
11. When is it ever acceptable to lie?
12. What would I give up to be safe from terrorism?