

# What is health questions?



1. What are things in your life which you have a great desire to do? (a longing or craving, as for something that brings satisfaction or enjoyment: a desire for fame.)
2. Did you do YOUR best in school, sports, an outside school job, or other activities that you have a great desire to do? Why or why not?
3. How do you know when you are doing your best?
4. Give some examples of excuses you make so you don't have to accept responsibility in your life?
5. Why do you think you make these types of excuses?
6. Is there an activity or something that you "did the hard things" (something that didn't want to do but did it anyway) in your life? List some of them.