

Notes & Thoughts



70 Questions for the Journey



J. RICHARD COE

Introduction

“Questions are like intricate brass keys which unlock the lock boxes of people’s minds, hearts, hopes, and dreams.”

Bobb Biehl

Subsequent to my 65th birthday for which I prepared *65 Things I Learned by 65*, I decided to come up with 70 questions by age 70.

As one who attaches a high value to questions and has used the tagline “Because the Right Questions Lead to the Right Answers” in my business, I have been accumulating questions in recent years. These questions come from my reading, listening, and thinking.

These questions are meant as a gift to you. I hope you will appreciate at least some of them either for personal use or for interaction with others.

J. Richard Coe
August 19, 2019

59. Do you have or expect to have enough financial freedom to have a lifestyle not only accompanied by gratitude, but also by generosity, resulting in impact?
60. When you think about your money, to what extent do you think about lifestyle and to what extent do you think about legacy?
61. If you invest time in worrying about your money, what return on your investment of worry-time do you expect?
62. What changes would make the biggest impact on your financial future?
63. How valuable is generosity?

Physical

64. Do you care enough about your body and your future health to eat healthily?
65. Do you care enough about your body to exercise regularly?
66. Do you care enough about your body to get enough sleep?
67. Do you care enough about your body to find ways to either eliminate or effectively deal with stress?
68. Do you care enough about your body to listen to people who care for you, both personally and professionally?

Recreational

69. When you step back from the intensity of a demanding schedule, do you squander time in ways you regret or do you experience revitalization that triggers gratitude?
70. Do you enjoy life and accept recreation and relaxation as gifts from God?

Vocational

46. Do you have a personal mission statement that resonates with you?
47. Can you embrace work as a gift for mutual benefit and be wholehearted in your work?
48. What is the most rewarding thing you do?
49. To what extent are you devoting time to matters that you deem really important?
50. If you had the abilities and resources to do anything you wanted, what would you do?
51. What kind of impact would you like to have?
52. If you could only accomplish a few things in life, what are your top priorities?
53. For what do you want to be remembered?

Financial

54. What is your view of wealth?
55. Do you believe that money is a terrible master but a helpful servant?
56. What are your thoughts on the three dimensions of wealth (financial, personal, and social)?
57. Are you on a path of financial security for you and your family?
58. Do you have or expect to have enough financial freedom to have a lifestyle accompanied by gratitude?

Personal

1. Do you believe it is possible for you to be happier and experience deeper joy than you ever have in the past?
2. What people, experiences, or decisions have most shaped your life to this point?
3. To what extent have you acknowledged your need to receive and experience love?
4. What do you really want?
5. What is the most beneficial change we can experience in life?
6. To what extent have you discovered who you really are?
7. What would be the implications of a wrong view of yourself?
8. What is your plan for furthering your understanding of who you are?
9. What looms larger for you — your desire to be known or your fear of being known?
10. What is the key to freedom from fear?
11. What is the frequency and extent to which you feel overwhelmed?
12. Does time heal personal wounds?
13. What helps you feel good about yourself?
14. Ideally, what would be natural, integral aspects of your daily life?
15. What are your core values?
16. What have you been learning or do you want to learn?
17. What are your primary strengths or areas of giftedness?
18. What struggles or tensions in your life do you want resolved?
19. What are you passionate about?

Relational

20. Do you have at least one person in your life who listens to you, and listens well?
21. Have you learned to listen well to others?
22. How often do you wear a mask?
23. To what extent should performance be a condition for your relationships?
24. How should you see other people?
25. Do you embrace the message that you love because the Father first loved you?
26. Do you embrace the premise that you have to trust others before you experience love through them?
27. Under what circumstances should you forgive yourself and others?
28. What are the benefits of blame?
29. Do you regard reconciliation as a wonderful gift to be desired but not demanded?
30. Do you believe your need for the grace of God is as great as that of anyone else?
31. To what extent have you experienced the life changing impact of being part of a community characterized by love and grace?
32. Do you have one or more friends who know you well and in whom you trust enough to be vulnerable and invite them into your life for needed input?

Spiritual

33. How do you recognize truth and what place are you willing to give truth in your life?
34. What would be the implications of a wrong view of God?
35. How should you see God?
36. Do you believe you are a spiritual being created in the image of God?
37. How well does human life work independent of God?
38. To what extent are self-sufficiency and independence good things?
39. From what has God rescued you?
40. What is the connection between your view of God and your view of yourself?
41. Is it possible to be so connected with your Creator that you experience love, joy, peace, and contentment?
42. What is the best place for you to find Christ?
43. What is the 2nd best place for you to find Christ?
44. Could your Creator actually live in you and live His life through you?
45. Do you realize that grace changes everything?