

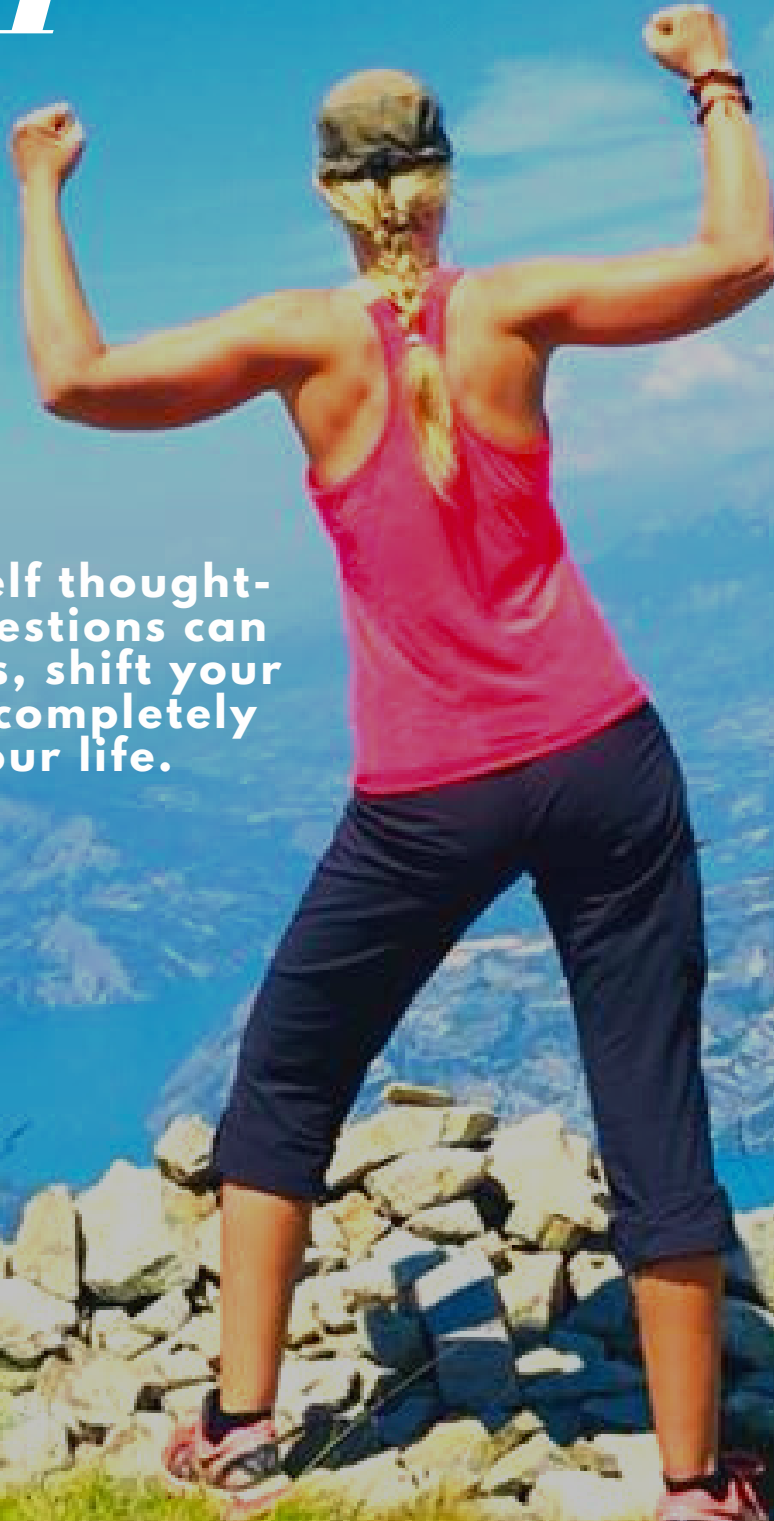
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101

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Women Empowerment Coach

empowering questions

Asking yourself thought-provoking questions can create insights, shift your mindset and completely change your life.



Hello,

I am Rianna.

I'm a serial entrepreneur, digital nomad, full-time traveler and happily married with my soulmate.

My life has not always been like that.

In 2010 I broke up with my boyfriend, sold my house, lost my job, my savings and my cat. I lost everything, except my car, so I drove to Paris and started all over. Well, not THAT easy.

I was overwhelmed and very confused, but I found a way to use this major life transition to design a life of my choice.

Now I'm on a mission to help other women embrace their power and level up their life.

Rianna Hijlkema

WOMEN EMPOWERMENT COACH





**WHAT DO
YOU THINK
STANDS
BETWEEN
YOU AND
HAPPINESS?**

PERSONAL GROWTH

- What excites you?
- What would your issue look like if it was easy?
- Have you given yourself permission to explore a new path?
- What kind of emotion are you feeling right now?
- What new habit would you like to create?
- What are you willing to commit to trying?
- What does this say about your beliefs?
- What are 10 things that make you smile?
- What do you want to experience?
- What have you given up on?
- When was the last time you tried something new?
- What can you start doing today to improve?
- What can you do today that you weren't capable of a year ago?
- When did you last push the boundaries of your comfortzone?
- What has life taught you recently?
- Has your greatest fear ever come true?
- If you had to teach something, what would you teach?
- What is the biggest change you are willing to make?
- Are you happy with yourself?
- What's one thing you haven't done, but really want to do?
- What's the best part of your personality?
- What do you not want me to ask you?
- How have you grown since last year?
- What are your top five personal values?

A close-up photograph of a woman with dark, curly hair, laughing heartily. Her head is tilted back, and her eyes are closed. She is wearing a blue top with a white pattern and a black ribbed top. The background is a plain, light-colored wall.

**WHAT
DO YOU
LOVE
MOST
ABOUT
YOUR
SELF?**

HEALTH

- What's at stake here?
- What would it look like if it was easy?
- What will that give you?
- What would you like to see change?
- How can you break that down in smaller steps?
- How would you reward yourself, once you have done that?
- What do you think would happen if you just tried?
- How would that make you feel?
- What would make life more wonderful for you?
- What are you grateful for right now?
- What's the cost of keeping things as they are?
- What's possible now?
- What does your joy look like today?
- What new rule would you like to make?
- How are you really feeling?
- How are you going to make a habit out of that?
- What else do you want to improve about yourself?
- What do you love most about yourself?
- What can you learn from your biggest mistake?
- What do you owe yourself?
- Are you achieving the goals that you've set for yourself?
- What do you need to forgive yourself for?
- Don't you think you are better than that?
- Is there such a thing as perfect?
- What's the most important thing you could do right now?

A photograph of three young women with dark hair, smiling and laughing. The woman on the left is wearing a yellow top, the woman in the middle is wearing a blue top, and the woman on the right is wearing a yellow top. The background is a plain, light-colored wall.

**HAVE
YOU
MADE
SOMEONE
SMILE
TODAY?**

RELATIONSHIPS

- Will it matter in 5 years?
- What would happen if you let that go?
- What do you think that other person feels?
- How would you like to be remembered?
- Who's stopping you?
- What kind of situations do you avoid?
- Who had the greatest impact on your life?
- If you didn't feel shame, what do you do right now?
- What can you learn from this situation?
- How can you help someone today?
- Who makes you happy in your life right now?
- Who do you sometimes compare yourself to?
- What do you do differently than most people?
- What's your most beloved childhood memory?
- How can you add more fun into your life?
- What are you noticing?
- Who gave you that belief?
- What about this generates so much emotion?
- What are the words you need to hear?
- What do you wish other people knew about you?
- What can you learn from this person?
- Have you made someone smile today?
- How would you like to be treated?
- How do you show love to yourself?

A flat-lay background featuring a white flower with green leaves on the left, a cup of brown coffee on the right, a portion of a silver keyboard in the top right, and a spiral-bound notebook with a marble pattern in the bottom right. Several gold rings are scattered across the white surface.

**WHAT
WOULD
MAKE
2022 A
SUCCESS
FOR
YOU?**

WORK & MONEY

- What would success look like?
- What have you tried so far?
- What if it does work out exactly as you imagined?
- What's next?
- Is now the right time?
- What are you really scared of?
- What's your number one goal for the next 6 months?
- Are you using your time wisely?
- If you knew you would succeed, what would you do?
- What are you going to do about it?
- What's in the way of moving you forwards?
- What's stopping you?
- What would happen if you didn't make that choice?
- What can you start saying no to?
- What advice would you give yourself?
- What life lesson did you learn the hard way?
- How would you like to see this turn out?
- How can you make your work more fun?
- What do you want to spend less time on?
- What's the outcome you are looking to achieve here?
- What would you do if you were not afraid?
- What's best for you?
- What's your greatest challenge?
- Which decision would be the quickest to complete?
- How would you describe 'freedom' in your own words?



**WHAT DO
YOU
IMAGINE
YOURSELF
DOING TEN
YEARS
FROM
NOW?**

LIFE PURPOSE

- Will it matter in 10 years?
- What's the impact?
- What's holding you back?
- What would happen if you continue with this behaviour?
- Have you done anything lately worth remembering?
- Are you taking anything for granted?
- What matters most in your life?
- What are your super powers?
- What do you love doing?
- What is your instinct telling you to do?
- What are you committed to in your life?
- How will you make today better than yesterday?
- What's the big picture?
- Which activities make you lose track of time?
- What surprised you the most about your life?
- How do you describe your life in a 6 word sentence?
- What do you imagine yourself doing ten years from now?
- What's lifting you up?
- What is your gift to the world?
- Does it nourish you?
- What makes you feel proud of yourself?
- Are you living true to yourself?
- What is this teaching you?
- What do you want most?



**ARE YOU
LIVING
THE LIFE
YOU
REALLY
WANT?**

Are you done feeling lost, confused, overwhelmed and not knowing where to go? Do you want to do more of what makes you happy, and create a life you're proud to live?
Embrace your power and redesign your future now!

LET'S TALK!

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