

The Questions That Nobody Has Ever Asked You

Self-Worth Edition

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Welcome.

I'm Rebekah King (you can call me Beck).

I'm a Mind Performance Coach, and the person who has spent the last five years asking people the questions they've never thought to ask themselves.

These questions are the ones I come back to again and again with my clients. They're simple and they have a way of surfacing things you didn't know were there.

Set aside ten minutes, bring your journal out, find somewhere quiet and write whatever comes. Trust your first instinct and give yourself permission to be completely honest, even when it feels uncomfortable.

When you're done, I'd love to hear what came up for you. Send me a message at rebekah@moonbeammonday.com.au - even just a line about the question that hit the hardest. I see every message and will respond personally.

Now... go be honest with yourself.

With gratitude,

Beck.

Now. The Questions...

1. When I achieve something significant, how long does the feeling last before I'm already looking at what's next?
2. Thinking about the last time I received a genuine compliment, what happened inside me when I heard it?

Did I actually let it in?
3. Finish this sentence honestly: I would feel more worthy if...

Who told me that was the measure?
4. Where in my life am I working hardest to prove something?

Who am I proving it to?
5. What would I do, say or stop doing tomorrow, if I woke up completely certain of my own worth?
6. What have I been waiting to feel good enough to do?
7. If the way I speak to myself were said out loud by someone else, how would I respond?



**If something came up that you
weren't expecting - good.
That's exactly the point.**

And if it brought emotion with it, that's actually a good sign, not a bad one.

Emotions that have been sitting underneath the surface for a long time have a way of making themselves known when you finally stop and ask the right questions.

That feeling is information, not a problem to manage.

It's your mind and body telling you that something here matters and is ready to be addressed.

The worst thing you can do is push it back down and wait for it to go away. It won't. It will just keep showing up in other ways - in your reactions, your decisions, your relationships, and the way you feel when you wake up on a Monday morning.

The questions in this guide are a starting point. If something surfaced that you'd like to explore further, I'd love to hear from you.

This is exactly the kind of work we do together in my **free five-day challenge, *Stop the Hijack***, where we go beyond the questions and start to change what's underneath.

Reply to the email I sent you, or reach out directly:

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