

What makes you lose hope? Can you avoid such situations? If so, then how?

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What kind of situations, stressors or pressures cause you to regress back into your defects of character? What can you do to lessen the likelihood of that stress occurring?

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What (person, situation, event, thought) restores your hope? Is there a way to maximise those influences? If so, then how?

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What do you think that you can do to leave the world a better place?

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What would you do if you were granted three wishes?

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What specific action should you take next?

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Have you begun thinking of yourself as more significant or more powerful than you really are?

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What would you be like without your defects?

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What do you do when shortcomings return?

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What would you like to recapture in your life?

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What defects will be most difficult to give up? In what order do you plan to give them up?

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What makes you lose hope? Can you avoid such situations?

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When do you think that life has been especially good for you?

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Are you able to see challenges as opportunities to practice new character traits?

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Is this a step you take just once?