



# 10 ESSENTIAL QUESTIONS

## for Students at the Start of a New Year.

By asking the right questions, you open the door to innovation and growth. Use these questions to drive your learning and build resilience this school year.



1. What innate talents can I harness to push my limits and unlock my true potential this year?

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2. What daily rituals can I cultivate to fortify my body and mind and fuel personal growth?

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3. How can I strip away distractions and sharpen my focus on what truly matters?

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4. What systems and routines will anchor me, ensuring I stay disciplined and avoid straying from my path?

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5. What outcomes do I envision, and how can hope drive my resolve and actions?

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6. How will I steel myself to stand resilient against life's inevitable obstacles and setbacks?

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7. Which relationships will I nurture, and what will I contribute to the communities that surround me?

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8. What challenging but achievable targets will I set to guide my journey this year?

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9. What purpose underpins my actions this year, and how does it align with my ultimate vision?

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10. How will I embrace adversity, seeing it as an opportunity to learn, grow, and evolve?

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