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Have You:

Learned to feel good about yourself?

Learned to relax?

Learned to manage stress?

Stopped "bad habits? (smoking, over-eating, etc.)

Satisfied with work & relationships?

Learned to manage time/stop procrastinating?

Created a meaningful spiritual practice?

Created a healthy lifestyle? (diet, exercise, risk management)

Learned to re-frame experiences into lessons?

Created a life that satisfies and fulfills you?

Do you still need to:

Accept yourself?

Take or make time for yourself?

Acknowledge to stressors in your life?

Break out of old patterns of addictions?

Create goals or boundaries (say "no")?

Be present in the moment?

Reconnect?

Make better choices and keep healthy changes in your life?

Learn to manifest/co-create your reality?