

# **A TUNE UP GUIDE**

## **for how to**

# **DRIVE YOURSELF HAPPY**

**Questions to Catch Your Blind Spots,  
Tune Your Engine, Recharge Your Battery,  
Fill Up Your Tank, and Stay On Course on Your Road of Happiness**

### **Directions:**

As a regular tune-up tool, ask yourself one or all of these questions regularly, especially when you get stuck or detoured. From your answers, create a list of manageable and measurable authentic action steps to chart your course and ensure an enjoyable journey. Move forward, through your fear and resistance, and choose your attitude. Regular tune-ups insure that what's under the hood continues to operate in a way that you can be happy regardless of the circumstances.

### ***On the Road of Principles, Values and Beliefs:***

- What are my bottom line principles, values and beliefs that I want to use as the compass for my life?
- What is their order of importance?
- Which one(s) do I need to focus on and recommit to currently to be on a path of purpose and happiness?
- Where and how can I have my words and actions match to reflect these values more consistently?
- Can I do this willingly, recognizing that although I cannot choose my circumstances I can choose my perspective?
- What places am I out of balance, detouring down the wrong road or wasting energy?
- Where can I adjust to regain balance and get my tires back in alignment?
- What small adjustments in my direction am I willing to make at this time?
- What mistakes of my own or others do I need to forgive to be present now?

### **On the Road of Choice:**

- Am I willing to no longer be a back seat driver of life, judging and blaming others, and telling them what to do?
- What small step can I take in each major area of my life to get back on course?
- How will I celebrate and acknowledge small victories?
- What specific things have I been avoiding and procrastinating about?
- Am I willing to strive for excellence, not perfection?
- Am I willing to see mistakes as opportunities to learn?
- What mistakes have I made recently?
- What have I learned and am willing to apply?
- Am I willing to no longer live in reverse, wasting energy reliving my mistake?

### **On the Road of Purpose:**

- What are my deepest and most heartfelt desires, and creative vision if I believed I could not fail?
- Where am I off purpose and why?
- What are the deep and meaningful things that I have been afraid to ask for?
- What do I believe would happen to me if I did not get what I want?
- What do I feel would happen if I did get what I want?
- What are my ten-year goals? Five year? One year? One month? Today?
- Where do I need to clarify my goals and take action?
- Am I willing to be committed AND flexible?
- Where are places and ways that I can acknowledge my talents, and give them for the joy of giving rather than expecting anything in return?
- How can I create a greater sense of meaning in my life today?
- What are simple pleasures I overlook?
- What are ways that I can develop my intuition and deepen my sense of inner listening?
- List the ten greatest pieces of wisdom or insights that I know.

## **On the Road**

### **of Happiness and Peace:**

- When do I feel the greatest happiness in my life?
- What can I do to have more fun in all areas of my life?
- What is the first thing I think and say each day?
- What is the way I end my day?
- Am I asking for what I want?
- Am I listening for the answer, willing to receive it regardless of its form?
- Am I willing to look for the blessing in even the greatest challenges?
- Am I aware when I drift from present moment thinking?
- What way do I bring myself back to center?
- What daily steps am I willing to take not to have greater peace, clarity, balance, congruence and happiness in my life.
- When can I develop greater compassion and better genuine listening?
- How can I be more authentic?
- What activities lead me to greater stillness and confidence?
- If love is the answer to any question, what *questions in my life need to be answered with love?*

## **On the Road**

### **of Love, Acceptance, and Acknowledgment:**

- Where am I going in reverse in blame, guilt, regrets or judgments, wasting time or distracting myself from what is truly important now?
- What are the old beliefs, excuses, or self-criticism I use to keep me stuck in the mud?
- Where have I detoured from positive and loving thoughts?
- What misbeliefs am I willing to adjust at this time.

- What is my greatest fear(s)?
- Is the FEAR a False Expectation Appearing Real?
- Where do I feel vulnerable, hurt, or a victim of life?
- What stresses me?
- Where do I see myself as inadequate and not like myself?
- Am I willing to commit to seeing myself as adequate and loving?
- How do I perceive my strengths as weaknesses?
- What major roadblocks need to be resolved?
- What ways can I step back into the driver's seat?

## **On the Road of a New Perspective:**

- What are my expectations for myself? What is my purpose?
- What is my personal definition for success?
- Where do I hold myself back?
- Am I willing to change my direction?
- What are the expectations of others that I am driven and detoured by? Boss? Work? Spouse? Parents? Friends?
- Do I have supportive traveling companions on the road of life at work, at home, and with friends?
- If not, why?
- What steps am I willing to take to choose supportive traveling companions.
- How can I improve my communication and inter-personal skills?
- In what ways am I not speaking up and not being honest?
- What run away negative or limiting thoughts or judgments keep steering me off course?
- What key choices am I ready to make to choose my own gear and direction?

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