

Burn List & Focus List Questions

Below are expanded sets of questions to help you build your own Burn List and Focus List. In the blog, I shared the top 10 questions for each. Here, you'll find up to 25 questions for each list, so you can go deeper if you'd like. Not every question will apply to everyone — pick the ones that resonate and leave the rest.

■ Burn List – 25 Questions

1. What fear or doubt has been the loudest in my head lately?
2. What anxiety keeps creeping in when I try to focus or relax?
3. Are there health-related worries that drain my energy (beyond what I can control)?
4. Do I find myself obsessing over things completely out of my control?
5. Are there work or business worries that I can't seem to let go of?
6. What do I feel guilty about when I'm not working or producing?
7. Are there negative inner voices or self-criticisms I keep repeating?
8. Do I ever feel like an imposter in the roles I'm trying to grow into?
9. What thoughts most often intrude when I'm trying to fall asleep or wake up?
10. Do I feel like I'm letting someone down — and is that fear helping or hurting me?
11. What distractions (like doom-scrolling or social media) hijack my focus most often?
12. Do I replay old regrets or 'what-ifs' that I can't change?
13. Are there relationships or situations that leave me feeling drained or frustrated?
14. Do I worry about future scenarios that haven't happened yet?
15. Is there a 'worst-case' scenario that I replay in my mind too often?
16. What pressures or expectations (from myself or others) feel crushing?
17. Do I feel frozen when I think about all that needs to be done?
18. Are there habits or patterns I know are unhealthy but still feed with attention?
19. Do I find myself comparing my progress to others in a way that drags me down?
20. Are there financial fears that dominate my thoughts?
21. Do I hold onto anger, blame, or frustration that serves no purpose?
22. Are there future treatments, changes, or 'what-ifs' I keep worrying about?
23. Do I feel paralyzed by the thought of not having enough time?
24. Are there problems I've already done all I can about, but still dwell on?
25. If I wrote my biggest recurring worries on paper, what would they be?

■ Focus List – 25 Questions

1. What gives me strength, purpose, or calm when I think about it?
2. What activities or practices make me feel most alive when I'm in them?
3. What are the non-negotiables I want to keep at the center of my life?
4. Which relationships give me energy and remind me what matters most?
5. What simple daily practices help me clear my head and reset?
6. What kind of person do I want to be remembered as?
7. What mantras or truths do I want to repeat to myself every day?
8. What hopes or dreams am I building toward, even if they take time?
9. What actions or attitudes help me regain momentum when I stall?
10. What phrase or affirmation do I want in front of me when life feels heavy?
11. What opportunities excite me when I think about the future?
12. What personal strengths can I lean on when times get tough?
13. Which victories, big or small, do I want to remind myself of?
14. Who are the people I want to invest my energy and love in?
15. What work makes me feel most purposeful and alive?
16. What daily or weekly rituals keep me grounded?
17. What health practices help me feel strong, healthy, and energetic?
18. What financial goals give me motivation and hope?
19. What role models or mentors inspire me to keep going?
20. Which parts of my story can inspire or encourage others?
21. What creative outlets (like writing or content) help me express myself?
22. What values do I want to live by each day?
23. What do I want my focus list to remind me of when I feel lost?
24. If I only had time for three things today, what would they be?
25. What truth do I most want to 'speak into existence'?