



# 101 QUESTIONS TO ASK YOURSELF TO BUILD A SUCCESSFUL 2027

FREDERIK TALLOEN



© 2026 Freedom Mastery. All rights reserved.

# BEFORE YOU START

A short note from Frederik

I can get lost in my own head. I plan, I travel, I work – and then I look up and a whole year has gone by, and I could not tell you what I actually changed.

Awareness is the first thing. Not talent, and not luck. How aware are you of your own life? You become aware by reflecting, by observing yourself, and most of all by asking yourself the right questions. Asking yourself a good question is the best way I know to create awareness, and awareness is what creates the change.

That is why I write these questions down every December. Not answers. Questions. An answer fits one day. A good question keeps working on you for months.

There are 101 of them here, in twelve parts of your life. You do not have to do them all at once. Take one part per evening, with a pen, not your phone. Some will be easy. The ones that make you uncomfortable are the ones worth writing down. Be honest – nobody else is going to read this.

And come back to it in June. Open it again, read what you wrote in January, and see who you have become in six months. That is where most of the value is, and almost nobody does it.

And well done for taking the time to do this. Most people never sit down with the deep questions and never find their own deep answers, and that is the best way there is to build a successful year.

I am grateful you are part of our Law of Attraction Planner community. Your answers guide me and my team more than you know.

Take your time with it.

In Appreciation,

**Frederik Talloen**

Founder, Freedom Mastery

## What is inside

|                          |        |
|--------------------------|--------|
| My Health & Energy       | 1-10   |
| My Money                 | 11-20  |
| Love & Relationships     | 21-31  |
| Calm & Focus             | 32-41  |
| My Work & Business       | 42-51  |
| What I Learn             | 52-57  |
| The People Around Me     | 58-63  |
| Fun & Rest               | 64-69  |
| My Home & Space          | 70-74  |
| Spirit & Presence        | 75-85  |
| Giving Back              | 86-90  |
| My Habits and My Big Why | 91-101 |

# MY HEALTH & ENERGY

The body you live in every day

---

- **1.** Did my health get better or worse in 2026?

---

---

---

---

- **2.** How many times a week did I actually move my body in 2026?

---

---

---

---

- **3.** When did I feel most energetic this year, and what was I doing then?

---

---

---

---

- **4.** What did I eat most often in 2026, and how did it make me feel?

---

---

---

---

- **5.** How many hours did I sleep on a normal night, and was that enough?

---

---

---

---

# MY HEALTH & ENERGY

continued

- **6.** How did I handle stress in 2026? What did I reach for first?

---

---

---

---

- **7.** Which health habit did I stop that I want back?

---

---

---

---

- **8.** What do I want to improve about my health in 2027?

---

---

---

---

- **9.** What will I do every week in 2027 to keep that promise?

---

---

---

---

- **10.** How do I want my body to feel on 31 December 2027?

---

---

---

---

# MY MONEY

What came in, what went out, what it is doing now

---

- **11.** How did I manage my money in 2026? Did I have a plan?

---

---

---

---

- **12.** What did I earn in 2026, and what did I keep?

---

---

---

---

- **13.** Where did my money go that I regret?

---

---

---

---

- **14.** Did I save in 2026? How much?

---

---

---

---

- **15.** Is my money working for me, or is it sitting still?

---

---

---

---

# MY MONEY

continued

- **16.** What did I invest in myself or my business this year?

---

---

---

---

- **17.** Did I give any of it away? To whom?

---

---

---

---

- **18.** What number do I want to reach in 2027?

---

---

---

---

- **19.** What is the first thing I will change about my money in January?

---

---

---

---

- **20.** What am I still afraid of when it comes to money?

---

---

---

---

# LOVE & RELATIONSHIPS

The people you want closest to you

---

- **21.** How loved did I feel in 2026?

---

---

---

- **22.** How did I show my love to the people closest to me?

---

---

---

- **23.** Did I give my family and friends real time, with the phone away?

---

---

---

- **24.** Did I love myself in 2026? How did I show it?

---

---

---

- **25.** Who did I hurt this year, and have I said so?

---

---

---

- **26.** Who do I still need to forgive? Take a moment and forgive now.

---

---

---

# LOVE & RELATIONSHIPS

continued

- **27.** Did I forgive myself easily, or did I carry it all year?

---

---

---

---

- **28.** What do I still carry from 2026 that I want to put down before 2027?

---

---

---

---

- **29.** What do I want to improve in my love life in 2027?

---

---

---

---

- **30.** Who do I want to be closer to at the end of 2027?

---

---

---

---

- **31.** What will I do every week to make that happen?

---

---

---

---

## CALM & FOCUS

Overwhelm, and the things you keep putting off

---

- **32.** When did I feel most overwhelmed in 2026? What was happening?

---

---

---

---

- **33.** What did I keep putting off all year?

---

---

---

---

- **34.** Why did I put it off – too big, too boring, or too scary?

---

---

---

---

- **35.** How many hours a day did I spend on my phone in 2026?

---

---

---

---

- **36.** What took my attention and gave me nothing back?

---

---

---

---

## CALM & FOCUS

continued

---

- **37.** What did I say yes to that I should have said no to?

---

---

---

---

- **38.** Which one thing, done first every morning, would make my day easier?

---

---

---

---

- **39.** What will I stop doing in 2027 to get my time back?

---

---

---

---

- **40.** How will I plan my week in 2027, and when will I sit down to do it?

---

---

---

---

- **41.** What does a calm day look like for me?

---

---

---

---

## MY WORK & BUSINESS

What you do all day, and what it gives back

---

- **42.** Am I doing my work as a hobby or as a business?

---

---

---

---

- **43.** Did I follow my plan in 2026, or did I make it up as I went?

---

---

---

---

- **44.** Which numbers did I actually keep track of this year?

---

---

---

---

- **45.** What did those numbers tell me?

---

---

---

---

- **46.** Which part of my work did I enjoy most in 2026?

---

---

---

---

## MY WORK & BUSINESS

continued

---

- **47.** Which part drained me, and could somebody else do it?

---

---

---

---

- **48.** What did I charge, and was it enough?

---

---

---

---

- **49.** Which skill would make the biggest difference to my work in 2027?

---

---

---

---

- **50.** What will I build in 2027 that I cannot build in a week?

---

---

---

---

- **51.** If 2027 goes well, what does my working day look like?

---

---

---

---

## WHAT I LEARN

Education, books, teachers

---

- **52.** Which books did I read in 2026 that changed something?

---

---

---

- **53.** What did I listen to or watch this year that made me better?

---

---

---

- **54.** Which people did I learn the most from in 2026?

---

---

---

- **55.** Am I waiting for somebody to inspire me, or do I inspire myself?

---

---

---

- **56.** What do I want to learn in 2027?

---

---

---

- **57.** When in my week will I sit down and learn it?

---

---

---

## THE PEOPLE AROUND ME

You become the people you spend your hours with

---

- **58.** Who are the five people I spent the most time with in 2026?

---

---

---

- **59.** Are they lifting me up or pulling me down?

---

---

---

- **60.** Are they big thinkers or small thinkers?

---

---

---

- **61.** Who did I meet in 2026 that I want to know better?

---

---

---

- **62.** Who do I need less of in 2027?

---

---

---

- **63.** Where will I meet the people I want around me in 2027?

---

---

---

## FUN & REST

The part most people cross off first

---

- **64.** When did I laugh the hardest in 2026?

---

---

---

- **65.** What did I do purely for fun this year?

---

---

---

- **66.** Did I take a real holiday, or did I take my work with me?

---

---

---

- **67.** What do I do that makes me lose track of time?

---

---

---

- **68.** What have I always wanted to do and keep postponing?

---

---

---

- **69.** What fun am I putting in my 2027 diary, with a date on it?

---

---

---

## MY HOME & SPACE

The room you wake up in

---

- **70.** Does my home give me energy or take it away?

---

---

---

---

- **71.** Which room or corner do I avoid?

---

---

---

---

- **72.** What do I own that I no longer use?

---

---

---

---

- **73.** Where in my home will I do my quiet thinking in 2027?

---

---

---

---

- **74.** What will I change about my space in the first month of 2027?

---

---

---

---

## SPIRIT & PRESENCE

Being here, not somewhere in your head

---

- **75.** Did I sit quietly in 2026? How often?

---

---

---

- **76.** Was I at peace with myself, or was my mind too busy?

---

---

---

- **77.** Did I take time to connect with God, or the Universe, in my own way?

---

---

---

- **78.** Am I living in the present, or always in the future in my head?

---

---

---

- **79.** Did I follow my heart in 2026, or did I talk myself out of it?

---

---

---

- **80.** Am I doing what I am here for?

---

---

---

## SPIRIT & PRESENCE

continued

---

- **81.** Was I grateful for the small things, or only for the big ones?

---

---

---

---

- **82.** Did I act out of love or out of fear this year?

---

---

---

---

- **83.** Did I spend time quietly in nature?

---

---

---

---

- **84.** Which daily habit will keep me present in 2027?

---

---

---

---

- **85.** How will I make time for that habit, even on a busy day?

---

---

---

---

## GIVING BACK

What you leave with other people

---

- **86.** Who did I help in 2026 without expecting anything back?

---

---

---

---

- **87.** What do I know that would help somebody else?

---

---

---

---

- **88.** Which cause do I care about, and did I do anything about it?

---

---

---

---

- **89.** How much of my time or money will I give in 2027?

---

---

---

---

- **90.** Who will I help first?

---

---

---

---

## MY HABITS AND MY BIG WHY

The last questions, and the ones that decide it

---

- **91.** Which habits made my 2026 better?

---

---

---

- **92.** Which habits held me back?

---

---

---

- **93.** What am I proud of from 2026?

---

---

---

- **94.** What did I learn from what went wrong?

---

---

---

- **95.** Where is my life balanced, and where is it not?

---

---

---

- **96.** What were my three biggest strengths in 2026?

---

---

---

# MY HABITS AND MY BIG WHY

continued

- **97.** Which two weaknesses do I want to work on?

---

---

---

---

- **98.** What am I committed to change in 2027, and why?

---

---

---

---

- **99.** What is my BIG WHY for making 2027 better?

---

---

---

---

- **100.** Which new habit will I start in the first week of January?

---

---

---

---

- **101.** When 2027 is over, what do I want to be able to say about it?

---

---

---

---

# MY 2027 IN ONE PAGE

When the 101 are answered, this is what is left of them

|                     |                      |                                |
|---------------------|----------------------|--------------------------------|
| MY WORD FOR 2027    | 3 THINGS I WILL STOP | 3 THINGS I WILL START          |
| MY HEALTH GOAL      | MY MONEY GOAL        | MY RELATIONSHIP GOAL           |
| WHAT I WILL FORGIVE | WHO I WILL THANK     | HOW I WILL FEEL ON 31 DEC 2027 |

Copy this page into the first pages of your Law of Attraction Planner, where you will see it every week.