

SELF-INQUIRY QUESTIONS FOR BUSY WOMEN

FROM THE PODCAST: WORKAHOLIC? AND WHY IT
MATTERS FOR YOU IN 5 YEARS FROM NOW
BY VESNA HRSTO

01.

YOUR RELATIONSHIP WITH WORK

- If you were to take a full week away from your business—and not check in at all—would you feel guilty? Would you feel bored? Would you even schedule something like that?
- Has anyone close to you ever said, "You always say you'll slow down after this, but you never do"?
- Does working harder make you feel more worthwhile—like a valuable part of your business, your family, or your relationship?
- If no one could see what you were doing, would you still do it?
- If you loved your work but were never recognised for any achievements, would you still work as hard?
- What happens when you slow down—do you feel calm, or do you get restless, anxious, even agitated?

02.

IDENTIFY YOUR "PRIVATE LOGIC"

- What are your core beliefs about work, rest, and worth?
- What makes you valuable—do you believe it's something you do or achieve?
- What would happen if you didn't work so hard—what fear arises?

03.

UNDERSTAND THE PURPOSE BEHIND YOUR DRIVE

- Not "Why are you like this?" but: What is this behaviour trying to achieve?
- Is it trying to create safety, recognition, control, or to avoid rejection?

04.

PROJECT INTO THE FUTURE

- Not “Why are you like this?” but: What is this behaviour trying to achieve?
- Is it trying to create safety, recognition, control, or to avoid rejection?

05.

REWRITE THE GOAL

- What would a more fulfilling goal look like for you?
 - e.g. “I matter even when I rest.”
 - “I am worthy and valuable without having to DO anything.”

BONUS PROMPT:

- What story did I adopt (perhaps in childhood) that shaped how I believe I need to earn my worth?
- How would I show up if I truly believed my worth was never in question?

These questions are designed to bring awareness to the hidden beliefs and stories driving workaholism. When you reconnect to your inherent value, work becomes a choice—not a compulsion.

You're not here to prove you matter. You already do.



Vesna x