

# FIND YOUR PURPOSE, LIVE YOUR PASSION!

## Questions to help you explore you

There is a strong relationship between a person's sense of purpose or meaning in life, their ability to overcome, and their overall happiness. The following are a list of questions that can assist you in discovering who you are and your unique purpose.

### Instructions:

- Take out a few sheets of paper or your journal and a pen.
- Find a quiet, peaceful, place where you will not be disturbed.
- Choose a question below, think about it, and then write down what comes to mind without analyzing, editing, or judging. Pick another question and do the same.
- Perhaps most importantly, enjoy the moment and enjoy the process of self-discovery!

### Questions:

1. What would you like to change about the world for the better? (what issues in society or on the news make you most angry, what causes do you strongly believe in or connect with?)
2. What would you do if you could not fail?
3. What would you do if you would not be limited by money?
4. What would you like to hear at your funeral? (what would each speaker say about you and your life; what kind of friend, family member, colleague were you; what character would you like them to have seen in you; what contributions and achievements would you want them to remember; what difference did you make in their lives; what is your legacy?)
5. What accomplishments are you most proud of, small or big?
6. Who inspires you the most? (anyone alive or deceased; current or historical figure; anyone you know or do not know; family, friends, authors, artists, leaders, etc.) What qualities do they have that inspire you?
7. With whom would you like to surround yourself (what are the kind of people you would like to be surrounded with in terms of lifestyle, occupation, wealth, interests?)
8. What gives you the most pleasure? What makes you smile? (activities, people, events, hobbies, projects, etc.)
9. What makes you feel great about yourself? What are you good at? What qualities do you have that you are really proud of?
10. What do people typically ask you for help in?
11. What were some challenges, difficulties, or hardships you've overcome? How did you do it?
12. If you could get a message across to a large group of people, who would those people be? What would your message be?
13. What do you want to accomplish before you die?
14. Recall the happiest moments in your life. What were you doing? What were the circumstances? What is the underlying theme, if any?
15. What would your perfect day look like?
16. What are some common themes or things you notice in your responses?
17. What are things you discovered about yourself?
18. Given your responses, what might you consider changing to create a better life for yourself?