

**Purpose:** The following are a list of questions that can assist you in discovering your purpose. They are meant as a guide to help you get into a frame of mind that will be conducive to defining your personal mission.

**Instructions:** Find a place where you will not be interrupted. Turn off your cell phone. Write the answers to each question down. Write the first thing that pops into your head. Write without editing. Use bullet points. It's important to write out your answers rather than just thinking about them. Write quickly. Give yourself less than 60 seconds a question. Preferably less than 30 seconds. Be honest. Nobody will read it. It's important to write without editing. Enjoy the moment and smile as you write.

*Adapted from "Life on Purpose: 15 Questions to Discover Your Personal Mission,"*  
<http://thinksimplenow.com/happiness/life-on-purpose-15-questions-to-discover-your-personal-mission/>

1. What were your favorite things to do in the past? What about now?  
Think about: What makes you smile? What activities make you lose track of time?  
(Activities, people, events, hobbies, projects, etc.)
  
2. Who inspires you most? (Anyone you know or do not know. Family, friends, authors, artists, leaders, etc.) Which qualities inspire you, in each person?

3. What are you naturally good at? (Skills, abilities, gifts etc.)
4. What would you regret not fully doing, being or having in your life?
5. You are now 90 years old and are blissful and happy with the wonderful life you've been blessed with. Looking back at your life and all that you've achieved and acquired, all the relationships you've developed, what matters to you most? List them out.
6. What are your deepest values? Select 3 to 6 and prioritize the words in order of importance to you.

Name: \_\_\_\_\_

7. What were some challenges, difficulties and hardships you've overcome or are in the process of overcoming? How did you do it?
8. Given your talents, passions and values- How could you use these resources to serve, to help, to contribute? (to people, beings, causes, organization, environment, planet, etc.)