## UNCOVERING AND EXPLORING YOUR PURPOSE (S)

Note: As you play with the associations and thoughts that emerge as you consider the following questions, keep in mind that purposes can relate to any aspect of life. That includes work, volunteer choices, skill development and relationships, as examples.

From your responses, pull out themes and integrate ideas as useful. Discuss them with some valued, respected people in your life ¬ not for approval, but to answer their and your own questions. Always let ideas that emerge simmer for a while. Keep visions and thoughts as simple and manageable as possible to avoid frustration and overwhelming yourself.

Now, jot down main key words that come to mind for the top five or so preferred questions as preludes to writing a paragraph or two for the most appealing matters that emerge.

1. What two or three experiences in your life do you return to with pleasurable memories?
2. What two or three mistakes provide the most promising fodder, learning or nutrition for improved future action?
3. How would you describe the two or three main accomplishments (of any nature) that have legs for your future?
4. Specifically, what never bores you? What will you commit to learn more deeply?
5. What do you always find time to do because it has meaning for you? What is that meaning?
6. Briefly describe what makes you mad, sad, joyful, puzzled, anxious, fearful or excited. If none of these words elicit a reaction, identify any emotions that do.
7. How would you describe one skill that you enjoy using, or at least want to strengthen?
8. What accessible situations and issues inspire you to take action?
9. Who (or at least what kind of people) would you like to collaborate with to address concerns that have meaning for you?
10. What tends to make you smile or laugh?
11. What significant limitation do you have that you need to accept or address?
12. What scares or intimidates you? How and when will you take one action to address it?
13. How specifically will you make a difference in an area that's beyond your comfort zone? When?
14. Add any other questions that would inspire you:

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