



## QUESTIONNAIRE TO ACCESS ONE'S SENSE OF PURPOSE

### Self-Reflection:

1. How do you take time for self-reflection?
2. What are you most curious about?
3. What aspects of your life bring you the most joy and fulfillment?

### Passions and Interests:

4. Do you typically pursue an interest for money or for the pure enjoyment?
5. What are you most passionate about? If you are presently employed, are you impassioned by your work?
6. List three activities or hobbies that genuinely excite and engage you.

### Values, Challenges and Growth:

7. Identify three values that are most important to you.
8. What are the issues you care most about?
9. Describe a challenging situation you've overcome. How did it contribute to your personal growth?

Aspirations, Impact and Contribution:

10. Reflect on a time when you felt a strong sense of making a positive impact on others and what were you doing?
11. Did you receive positive feedback from others at the time? How did you use this feedback to further your goals?
12. Would you like to pursue higher learning to expand your skillset? Explain.
13. Do you believe you are presently living with a sense of purpose? Explain.

Legacy:

14. How do you want to be remembered?
15. How are your current actions aligned with building toward what you want to be remembered for?

Gratitude:

16. List three things you are grateful for in your life.
17. How does practicing gratitude contribute to your overall sense of purpose?