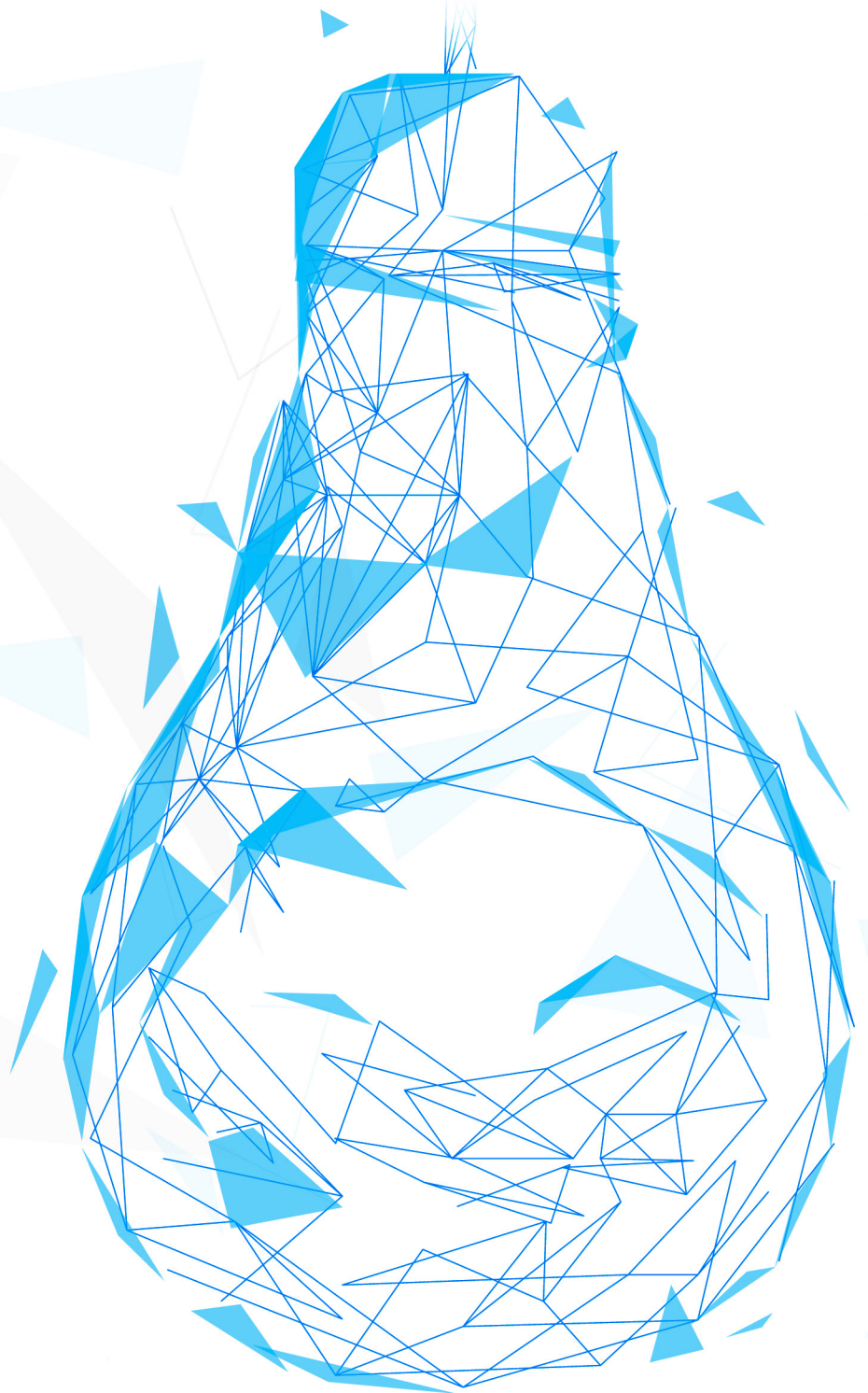


LIFE COACHING

CETIFICATE COURSE



FIFTY **QUESTIONS** FOR FINDING
YOUR **PASSION AND PURPOSE** IN LIFE

FIFTY QUESTIONS FOR FINDING YOUR PASSION & PURPOSE IN LIFE

Do you ever have times in life when you feel like there's 'something missing', or that you aren't completely passionate about the things which you invest your time into? Perhaps you feel like you want to make an impact in the world that's far greater than what you are currently, but you just don't know where to begin.

Many people journey their way through life feeling desperate for a deeper sense of purpose and connection but aren't sure how to get them. If any of these statements resonate with you, please be assured that you aren't alone!

It has been said that the two most important days we have in life are the day we are born, and the day we discover why we were born. While some people will disagree with this statement (for various religious reasons), most people will agree that when we're unsure about what our purpose is in life, it can become increasingly more difficult to keep going.

Most people try to think their way 'in' and 'out' of the challenges life throws at them. Albert Einstein was very accurate when he posited that, "The significant problems we have cannot be solved at the same level of thinking with which we created them." In other words, we can't think our way into our life's passion or purpose: we need a different approach.

You can't think your way into establishing your life purpose: you can only make sense of what you've already in. The more action that we take, the more transparent our life purpose and passions become to us. Most people commit the best hours of their lives towards making money, getting more stuff and filling their lives with more meaningless materialistic possessions — and if you're still reading, there's a good chance that you've already discovered how empty, and unsatisfying monetary and materialistic possessions are.

Money comes and money goes. Possessions come and possessions go. Fashions change, trends change, the weather changes, as do our priorities; but the things that always remain a constant are the fundamental needs of human beings. Your heart is the best compass (or GPS) to access your true purpose and passion in life.

Being inspired by what you do, motivated by making a difference in others, connected with other people in a meaningful way, fulfilled, contented are all far greater rewards than financial or materialistic ones. By doing what you love in life, you will begin to realise how much more energy and passion you have for investing in the things you do. You will also start to recognise how much value other people find in you, and how much they also benefit from receiving some of your time.

Time is the most valuable commodity that we each possess, so be sure to treat the time you have with caution because once our time is spent, it's spent! You can spend your time making more money, but you cannot spend your money to make more time. To find your passion in life you've got to first become familiar with yourself. You need to know what drives you, what you're naturally good at, what you genuinely enjoy, what inspires you, what excites you, what scares you, what you pretend to like, and what lies you're telling yourself about your skills, natural talents, abilities and gifts. As you become more familiar with yourself, you'll be able to determine what's most important in the limited time you have in a day, a week, a month, a year, and throughout your lifetime. By doing this you can maximise your time doing more of what you love and less of what you don't love.

"Your purpose in life is to find your purpose and give your whole heart and soul to it"
Gautama Buddha



FIFTY QUESTIONS FOR FINDING YOUR PASSION & PURPOSE IN LIFE

Most of us are so busy reacting to the events in our lives that we don't take the time to examine what's not working too well for us. If you have a genuine desire for finding your passion and purpose in life, it's important to invest time into asking yourself the following 50 questions and answering them as honestly as possible.

Answer the following fifty questions to start gaining clarity about the steps to take today towards a lifestyle and career that you'll be completely passionate about living.

"The purpose of life is not to be happy. It is to be useful, to be honourable, to be compassionate, to have it make some difference that you have lived and lived well." Ralph Waldo Emerson

Instructions for the 50 Questions:

1. Take out a few sheets of loose paper and a pen.
2. Find a place where you will not be interrupted. Turn off your cell phone.
3. Write down the first thing that pops into your head. Write without editing. Use point form (It's important to write down your answers rather than just thinking about them).
4. Give yourself less than 60 seconds a question. Preferably less than 30 seconds. Writing without editing is important, and remember, be honest nobody else needs to read what you write!

Qu 1. What areas in your life are currently working well for you — what do you find fulfilling, meaningful, enjoyable, and valuable?

Qu 2. What current areas in your life aren't working out too well for you — what stresses you out, makes you anxious or drains your energy?

Qu 3. If you were financially secure (or financially free) and didn't need a salary anymore, how would you invest your time?

"I want to live my life in such a way that when I get out of bed in the morning, the devil says, 'aw shit, he's up!'" - Steve Maraboli

Qu 4a. What childhood interests or dreams did you have that you never got around to doing anything about?

Qu 4b. Would pursuing any of these interests today bring more meaning into your life? If so, how?

Qu 5a. After you die, how would you like to be remembered by others?

Qu 5b. If you were to die today, would other people remember you in the way you want to be remembered in Qu 5a?

Qu 6. Name three people (that you know or don't know) who inspire you. Explain why they inspire you?

Qu 7. What skills, talents or abilities do you have that you are naturally good at, and are passionate about using?



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Qu 8. What skills, talents or abilities do you have that you are NOT excited about using?

Qu 9. What good causes, projects or charities do you firmly believe in (or connect with)? Could you start a charity?

Qu 10. What tasks, jobs or specific activities have you done in the past that you dislike and never want to do again?

Qu 11. In an average week, how many hours do you spend doing tasks, jobs or activities that you dislike, or that waste your time?

Qu 12. What are your most important values? What values give your life the greatest meaning? (e.g. honesty, progress, faith, generosity, authenticity, connection, peace, security, friendship, peace of mind, serving others, personal growth, dedication to a social cause)

Qu 13. How does the way you live your life reflect your most important values?

Qu 14. How do you reflect these values throughout your work life, career or your educational pursuits?

Qu 15. What areas in your life might your decisions contradict your most prominent core values?

Qu 16. Which of your most prominent core values are you not giving enough time or attention to?

Qu 17. What lies do you tell other people about what's important to you and what you're passionate about? (in what ways do your actions not align up with your words?)

Qu 18. What is preventing you from fully committing to pursuing your main passions in life?

Qu 19. What beliefs do you have about your ability (or inability) to succeed in pursuing your main passion in life?

Qu 20. What beliefs (or fears) have held you back from pursuing your main passion in life until now?

Qu 21. What evidence do you have that those fears or beliefs are accurate? (If there is evidence. Is the associated risk high enough to hold you back from committing to pursuing your passions?)

Qu 22. How much risk and uncertainty are you willing to accept around seeking and finding your passion?

Qu 23. What comes first before finding your main passion in life (e.g. your income, job, lifestyle, home, fear of what others will think)?

Qu 24a. What is the primary concern you have about fully committing to pursuing your main passion in life?



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Qu 24b. Would the potential benefits outweigh the importance of this primary concern you have?

Qu 25. What action(s) could you take to reduce or manage this concern?

Qu 26. Other than yourself, who else is holding you back from pursuing your passion in life and how are they holding you back?

Qu 27. How can you address this person/ these people to either gain their support or get them out of your way?

Qu 28. What would do with your life if you no longer cared about what other people think about you?

Qu 29. What would do with your life if you no longer wanted to make a name for yourself, or maintain a reputation with others?

Qu 30. What hobbies/ interests do you have that intrigue you and that you might consider pursuing as a life passion?

Qu 31. Are you willing to spend time mastering these interests so you can become an expert, or to teach others?

Qu 32a. What valuable lessons have you learned throughout life so far that other people might benefit from also learning?

Qu 32b. What valuable lessons have you learned throughout life so far that you could start teaching other people today?

Qu 33a. Do you have enough savings to allow you to live for six months during a job transition or while you commit to pursuing your passion?

Qu 33b. How could you save enough money to allow you to live for six months during a job transition or while you commit to your passion?

Qu 34. Rather than working harder for more money, is there a way you can get money working harder for you?

Qu 35. Are there cutbacks you can make while you commit to pursuing your passion and purpose?

Qu 36. What would the potential worst outcome be if you decided to commit fully to pursuing your passion? Would this be OK?

Qu 37. What is the likelihood of this worst outcome 'happening if you fully commit to your passion and invest all of the energy and focus that you have into it?

Qu 38. How rewarding would your life be if you were doing something that you loved every day and were making money with it?



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Qu 39. What unique talents or skills do you have that you haven't fully developed or expressed? What changes do you need to make (or what risks do you need to take) to develop and express your unique talents and skills?

Qu 40. In what ways could you start expressing yourself in more creating ways? How could you start being more creative today?

Qu 41. What steps or risks are you willing to take to start being more creative?

Qu 42. Is there a group of people somewhere in the world that you know could benefit from your help? Who are they and where are they?

Qu 43. If you no longer needed to earn a salary, what would you spend the rest of your life doing?

Qu 44. How does living a less-than-passionate life affect you mentally, emotionally & relationally? Give specific examples.

Qu 45. What achievements could you make in life that would inspire other people to stop so lazy, greedy or selfish?

Qu 46. How much more would other people benefit from your life if you committed the rest of your life towards just being who you are (and not trying to be someone that your not)?

Qu 47. If you had the chance to start your life all over again from scratch, what would you do differently next time around?

Qu 48. If you could get a message across to a large group of people, who would those people be and what would your message be?

Qu 49. If you only had one year left to live, what would you spend this year doing and what difference would you want to make?

Qu 50. Given your talents, passions and core personal values, how could you use these resources to serve, help, or contribute to society (i.e. to other people, animals, good causes, organisations, your community, the planet, etc.)?

Your Practical Next Steps...

What's the first few steps that you can take today towards pursuing your passions, and in living a life that would feel more meaningful, purpose-driven and fulfilling?

