**Questions to Explore Your Passions and Purpose**

1. If you had one extra hour every day, what would you use it for?
2. When you were a child, what did you dream about doing when you “grew up”?
3. What is something that when you are doing it, you lose track of time because you are so focused and enjoying yourself?
4. What values or issues are most important to you?
5. What are you doing when you feel most “fired up”, driven and motivated?
6. What is on your “bucket list”?
7. What is most important to you in a career? (i.e., values, interaction with people, being of service, satisfaction, stress level, work hours, salary, job duties, etc)
8. What makes you uncomfortable, but helps you to grow?
9. How do you hope to be remembered?
10. If you didn’t have to work, what would you do with your time?
11. What are your “peak experiences” thus far? (the best times of your life)
12. How would you like others to describe your impact on their life?
13. When do you feel most at peace, or alive, and happy? What are you doing at those times?
14. What have you accomplished that you feel most proud of?
15. If you had one year left, what would you most want to do?