

Finding My “Why”: Questions to Ask Myself

1. What makes me smile? (Activities, people, events, hobbies, projects, etc.)
2. What are my favorite things to do in the past? What about now?
3. What activities make me lose track of time?
4. What makes me feel great about myself?
5. Who inspires me most? (Anyone I know or do not know: family, friends, authors, artists, leaders, etc.) Which qualities inspire me in each person?
6. What am I naturally good at? (Skills, abilities, gifts, etc.)
7. What do people typically ask me for help in?
8. If I had to teach something, what would I teach?
9. What would I regret not fully doing, being, or having in my life?
10. What are my deepest values?
11. What are some challenges, difficulties and hardships I’ve overcome or are in the process of overcoming? How did I do it?
12. What causes do I strongly believe in? Connect with?
13. If I could get a message across to a large group of people, who would those people be? What would my message be?
14. Given my talents, passions and values, how could I use these resources to serve, to help, to contribute? (to people, causes, organizations, environment, planet, etc.)