

Questions to Help You Find Your Purpose

1. Ideal life exercise. (Write for 10 or so minutes about your ideal career, 1 to 5 years in the future. What would you be doing, with whom would you be interacting, where would you be, what type of environment, etc.)
2. If money, time and obligations were wiped away, I would find fulfillment by _____.
3. What most brings me a sense of accomplishment is _____.
4. When I am feeling entirely engaged and lose track of time at work, I am _____.
5. What work do I do that doesn't feel like work?
6. What would I be doing right now, how would I share my love, if I were willing to just wing it and do it imperfectly?
7. I best serve others by _____.
8. I'm at my best when _____.

Questions to discover energy leaks and blocks

1. My energy is drained by _____.
2. What in my life is keeping me from feeling complete and whole?
3. If I were living with total integrity in my life, I would _____.
4. If I were telling the truth in my life, I would _____.

Questions to uncover subconscious fears

1. What am I lacking that keeps me from going after these bigger dreams?
2. Who told me that I couldn't do something like this?
3. I couldn't succeed at this, because _____.

Questions to help you to align with your heart's message:

Where do you find peace? What process or tools do you use to help yourself get back to alignment (meditation, journaling, etc.) ?

(more resources on my webpage at www.ErinNewman.com)



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404-992-9115