An effective way to determine what you want in life (and also identify what's holding you back) is by asking yourself a series of profound self-reflection questions.

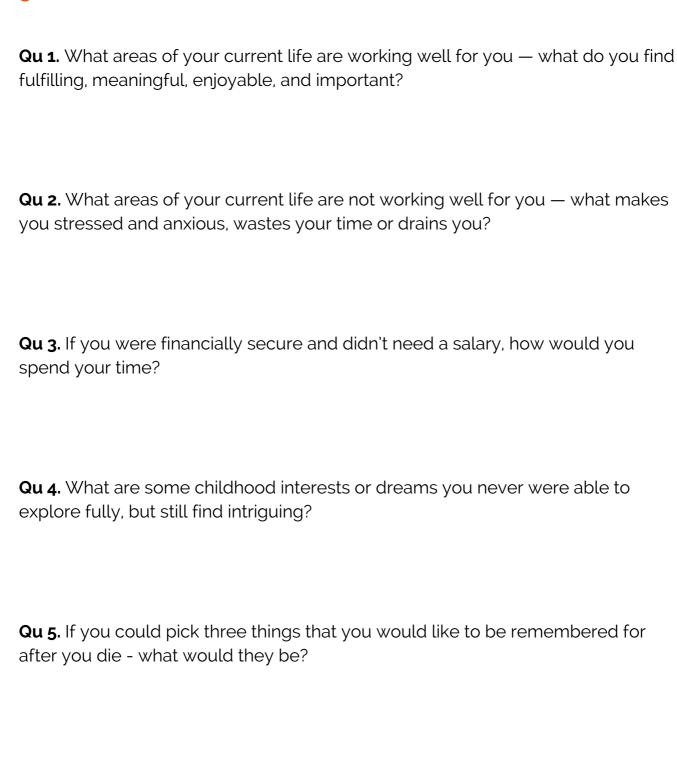
To find your passion in life, you've got to be willing to become intimately familiar with yourself. You must know what drives you, what inspires you, what excites you, what engages you, what scares you, what you do naturally well, what you pretend to like but don't, and what lies you're saying to yourself!

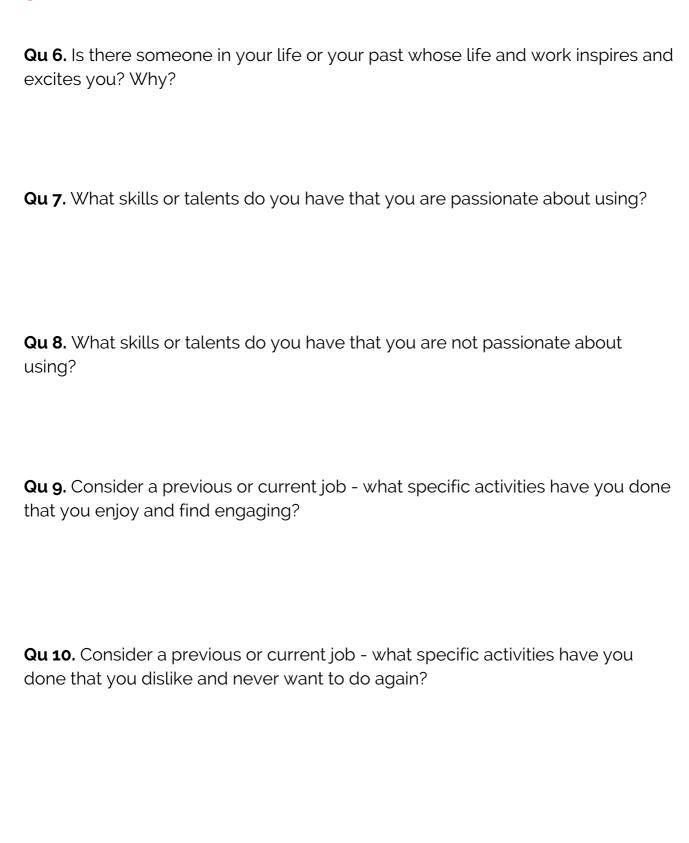
As you become more familiar with yourself, you'll be able to determine what's most important in the limited time you have in a day, a year, and even throughout your lifetime. In doing this, you can maximise your time doing more of what you love and less of what you don't love.

Most of us are so busy reacting to events in our current lives that we don't allow the time to examine what's not working well and why. We certainly don't take the time to ask ourselves those deeper, probing questions that unearth our authenticity and buried longings.

If we really want to find our passion and purpose in life, we need to set aside time and create space to ask ourselves these tough and challenging questions.

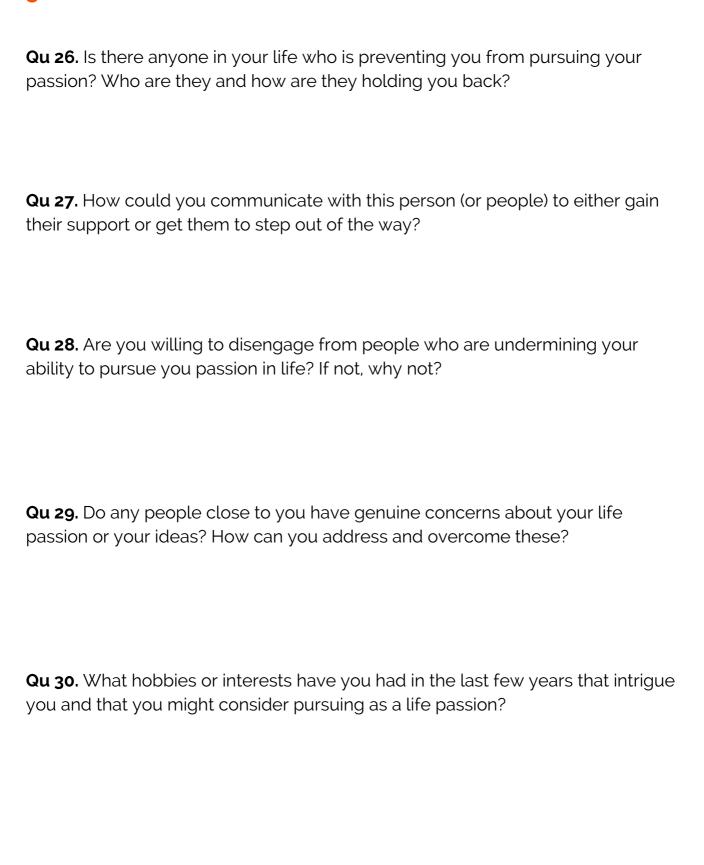
Print off this workbook, and answer the following questions to begin getting clarity about the steps that you can take today that will lead you into a life that you'll be fully passionate about living.

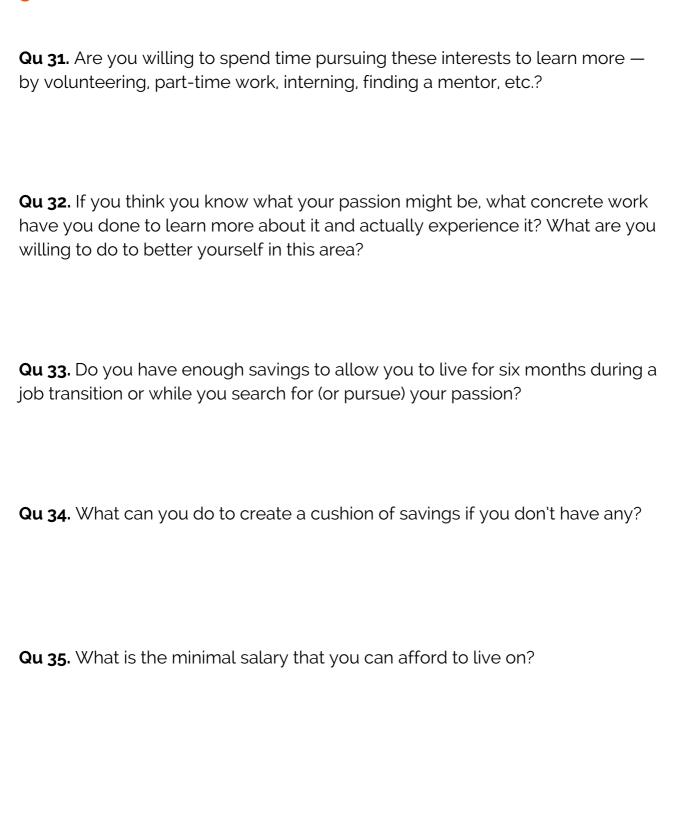




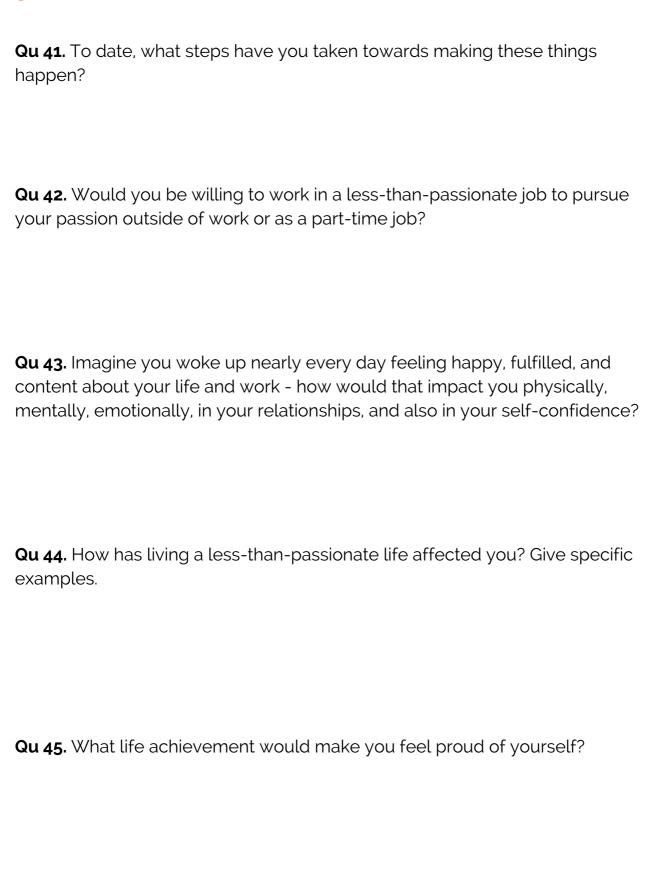
Qu 11. During an average week, how much of your time is spent doing things you dislike or that you feel waste your time?
Qu 12. What are your top 5 most prominent core values? (If you're unsure about how to answer this question, come back to it after the next section in the course)
Qu 13. How do your life and work currently reflect those values?
Qu 14. Which of your top values are you ignoring or not giving enough attention?
Qu 15 . How are you currently living outside of your own integrity?

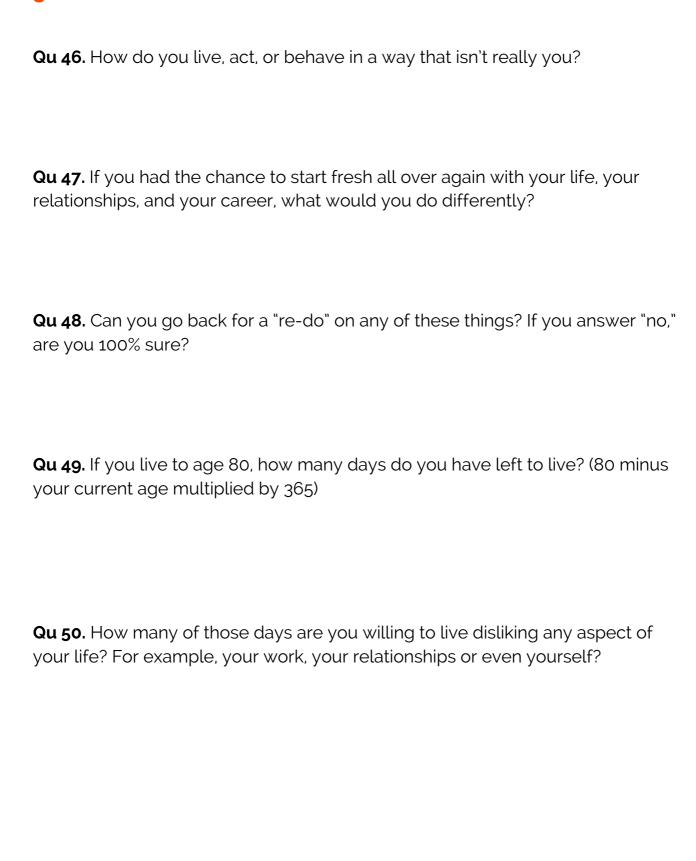
Qu 16. What lies are you currently telling yourself and others about who you are, what's important to you and what you're passionate about?
Qu 17. What is preventing you from pursuing your primary passion in life?
Qu 18. What beliefs do you have about yourself and your ability to succeed in pursuing your main passion in life?
Qu 19. How have your limiting beliefs and fears held you back from finding or pursuing your main passion in the past?
Qu 20. What credible evidence do you have to suggest that your fears or limiting beliefs that are holding you back are true?





Qu 36. Would you be willing to make cut backs in your lifestyle in order to follow your passion?
Qu 37. What is the worst thing that could happen if you decided to commit fully to pursuing your passion? Could you live with this?
Qu 38. What is the likelihood of this worst thing actually happening (if you were to commit yourself fully 100%)?
Qu 39. What would your ideal day look like if you were doing what you love?
Qu 40. What are the things that you'd really like to achieve or accomplish with your life before you die?





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?							