

50 QUESTIONS FOR FINDING YOUR PASSION IN LIFE

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.

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Qu 1. What areas of your current life are working well for you — what do you find fulfilling, meaningful, enjoyable, and important?

Qu 2. What areas of your current life are not working well for you — what makes you stressed and anxious, wastes your time or drains you?

Qu 3. If you were financially secure and didn't need a salary, how would you spend your time?

Qu 4. What are some childhood interests or dreams you never were able to explore fully, but still find intriguing?

Qu 5. If you could pick three things that you would like to be remembered for after you die - what would they be?

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Qu 6. Is there someone in your life or your past whose life and work inspires and excites you? Why?

Qu 7. What skills or talents do you have that you are passionate about using?

Qu 8. What skills or talents do you have that you are not passionate about using?

Qu 9. Consider a previous or current job - what specific activities have you done that you enjoy and find engaging?

Qu 10. Consider a previous or current job - what specific activities have you done that you dislike and never want to do again?

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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?

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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?

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Qu 21. If there is evidence that your fears or limiting beliefs might come to pass, is the risk significant enough to prevent you from going after your passion?

Qu 22. Can you tolerate some risk and uncertainty in relation to finding your passion, and if so, how much?

Qu 23. What do you prioritise over pursuing your main passion in life? (Your income? Your job? Your lifestyle? Your home? The opinion of others?)

Qu 24. What is the main concern that's holding you back from committing to pursuing your primary passion in life?

Qu 25. What specific actions can you take to reduce and manage this fear?

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Qu 26. Is there anyone in your life who is preventing you from pursuing your passion? Who are they and how are they holding you back?

Qu 27. How could you communicate with this person (or people) to either gain their support or get them to step out of the way?

Qu 28. Are you willing to disengage from people who are undermining your ability to pursue your passion in life? If not, why not?

Qu 29. Do any people close to you have genuine concerns about your life passion or your ideas? How can you address and overcome these?

Qu 30. What hobbies or interests have you had in the last few years that intrigue you and that you might consider pursuing as a life passion?

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Qu 31. Are you willing to spend time pursuing these interests to learn more — by volunteering, part-time work, interning, finding a mentor, etc.?

Qu 32. If you think you know what your passion might be, what concrete work have you done to learn more about it and actually experience it? What are you willing to do to better yourself in this area?

Qu 33. Do you have enough savings to allow you to live for six months during a job transition or while you search for (or pursue) your passion?

Qu 34. What can you do to create a cushion of savings if you don't have any?

Qu 35. What is the minimal salary that you can afford to live on?

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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?

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Qu 41. To date, what steps have you taken towards making these things happen?

Qu 42. Would you be willing to work in a less-than-passionate job to pursue your passion outside of work or as a part-time job?

Qu 43. Imagine you woke up nearly every day feeling happy, fulfilled, and content about your life and work - how would that impact you physically, mentally, emotionally, in your relationships, and also in your self-confidence?

Qu 44. How has living a less-than-passionate life affected you? Give specific examples.

Qu 45. What life achievement would make you feel proud of yourself?

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Qu 46. How do you live, act, or behave in a way that isn't really you?

Qu 47. If you had the chance to start fresh all over again with your life, your relationships, and your career, what would you do differently?

Qu 48. Can you go back for a "re-do" on any of these things? If you answer "no," are you 100% sure?

Qu 49. If you live to age 80, how many days do you have left to live? (80 minus your current age multiplied by 365)

Qu 50. How many of those days are you willing to live disliking any aspect of your life? For example, your work, your relationships or even yourself?

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?