**INSTRUCTIONS**

* Below are 21 thoughtful questions designed to stimulate your thinking and help you look for the threads and patterns that weave throughout your life. These threads may point to possible careers, or they may simply be qualities to build into your work-life.
* These questions will take time. So answer a few, then take a break when you get tired or stop enjoying the process.
* It's helpful to take *quiet* time so you enjoy this process. Then you can answer each question as clearly and thoughtfully as possible, expressing your best response—and one that connects you to your deepest truth.
* A few words or sentences can be enough, but often the 'gems' are found in the detail. And sometimes, just when we think we're finished, we pause and reflect, and a great new idea pops up—so be as thorough as you can.
* Finally, if you find you're repeating answers in different questions—GREAT! Keep going! This is exactly what we're looking for—the common and repeating threads that keep popping up and can't be ignored...

***What I wanted to be when I grew up:***

1. When you were younger, what did you want to be when you grew up? Consider this from as far back as you can remember. Write down as much detail as you can—however boring, silly or outrageous.

Start with *I remember…*

1. What attracted you, at the time, to these careers or occupations?
2. Knowing what you know now, which careers—or parts of them—are still:   
     
   i) attractive—and why?

ii) are now unattractive—and why?

***Work Review:***

1. What aspects of these careers (whether good or bad) do you have in your work  
     
   i) currently?

ii) in past roles?

1. How do you *currently* enjoy yourself at work? What are you doing and how are you being that makes this so?
2. If you won the lottery and became a multi-millionaire and could choose to be or do *anything*   
     
   i) what would you *be* andwhat would you *do* with your time?  
     
     
     
     
     
     
     
     
     
     
     
     
     
     
     
     
   ii) what attracts you to these areas above? Answer as fully as you can:

***Hobbies and Interests:***

1. What hobbies or interests have you had in the past (from your earliest rememberings to now)?

Start with *I remember…*

1. What hobbies or interests do you have now?
2. What hobbies or interests would you take up if you had more:

i) Time?

ii) Money?

iii) Freedom?

1. What attracts you to the various hobbies and interests you mention above?

***People and Qualities:***

1. Who have you (in the past) or do you (currently) *really* love working with?
2. What qualities do these people have? What qualities do they have in common?
3. Where might you find people with these qualities?
4. Which of *your* qualities do you most enjoy using?

***The Bigger Picture:***

So, first review the answers to all your questions above. Then answer these bigger pondering questions:

1. If there was something you had given up on in your life, what would it be?
2. What is your dream?
3. What do you want the rest of your life to be about?
4. Deep down, what do you really, really want from your work life?
5. What would you do next if there were no obstacles whatsoever?
6. What do you want to be doing with your life in 10, 15 and 20 years' time?

A drawing of a heart

Description automatically generated with low confidence

1. Finally, review the answers to *all* your questions in this exercise. Then use the image and space below to write out the common threads, themes, building blocks or key pieces of information you observe: