# PURPOSE Questions

### Gift Questions

1. What qualities or characteristics make you distinctive from others (family, friends, colleagues, competitors)? What would others (family, friends, colleagues, competitors) say is your greatest and clearest strength or your most noteworthy personal trait?
2. What are your unique gifts; the ways of being, doing, thinking, feeling that not only come naturally, but you really enjoy engaging in. Natural gifts are sometimes called “innate abilities.” Rather than deplete energy, expressing these gifts brings you energy.
3. What do you do that adds remarkable, distinguished, distinctive value at work (forget your job description)?
4. What do you do that you’re most proud of? What can shamelessly take credit for?

### Passion Questions

Please answer the following questions designed to clarify those things in life that you are most passionate about…things that bring you the most aliveness, meaning, and satisfaction. Rather than deplete energy, these things are actually energizing to you.

1. What would you do if you had all the money you could possibly want, and could do anything you want? In other words, if money was no longer a factor in any way, what would you want to spend your time doing? What would you want to use your lifetime to experience or accomplish?

1. If you found out that you only had six months to live, what would you change in your life? How would you prioritize your time and what would you want to make sure you spend a lot of time doing with your remaining days?

3. If you could solve a problem in the world, or make the world (or simply your community) a better place in some way, what would you do? Is there something that you have a deep conviction about? Is there some area – or some idea – in which you’d like to use your life to have an impact?

4. During what activities do you feel the greatest sense of happiness and fulfillment? What gives you the most satisfaction? What are you most passionate about?

5. Imagine that you are 100 years old and you are looking back on your life. What will you want to have used your life for? In other words, what will have been most fulfilling for you to know that you’ve spent your life doing or experiencing? What will have been the most meaningful way to spend your lifetime?

**Contribution/Impact Questions**

1. What is your sense of mission in your life? Do you have a feeling that you are here to do something, or accomplish something? Think back to your childhood. Did you ever have a dream, a vision, or a feeling about what you would do when you grew up?

2. As you think beyond what you want to achieve for your own personal success, over the course of your career and lifetime, what contributions would you like to make to the world (your community, your industry or field, society)? What impact do you want your life to have on the world after your gone?

1. Like everyone, you have certain unique gifts. What do you think would be some meaningful ways for you to “give your gift” to world? What are ways that you could use your gifts to have a significant positive impact?
2. How do you think you can best contribute to the world? What ideas do you have about how you can have a positive impact? Do you have some inkling, or inner since that you are here to contribute in some way? What is it?

### Additional Brainstorming Questions Related to Purpose

1. What are your essential lifetime goals? What are those things that you are very committed to experiencing and/or accomplishing in your lifetime? These are the goals that are crucial to achieve in order to feel good about your life.
2. As you think about your long-term future, what represents the highest level of accomplishment and achievement?
3. Are there any other ideas you have, inklings of your life purpose, mission, or related ideas? If you have developed a “Personal Mission Statement” in the past, please type it in here.
4. What type of news catches your attention or maybe makes you even turn your head away from?
5. What subjects interested you in school?
6. What charities are you naturally drawn to?
7. What one thing, just one thing would like people to know about what is important to you?
8. What childhood difficulties have you had? And what life lessons or passions have they given you?