

Life Purpose Questionnaire

1. Does the work I'm presently doing express what I truly want to be doing?
 Yes No

If no, how can I begin to take steps toward discovering and doing work that would be more personally fulfilling?

2. Am I satisfied with the education I've obtained? Yes No
Would I like to go back to school and increase my education and training?
 Yes No

If yes, how can I begin to move in that direction?

3. Do I have creative outlets? Yes No
The areas of my life where I feel I can be creative are:

If no, what creative activities could I develop?

4. Have I developed my spiritual life to my satisfaction? Yes No
If no, how would I begin to explore spirituality further?

5. What would I like to do with my life if I could do what I truly wanted? (Assume, for the purpose of this question, that money and the responsibilities of your current job and family are not a limitation).

6. What would I like to accomplish with my life?

What would I like to accomplish ten years from now in order to feel that my life has been productive and meaningful?

7. What are my most important values? (Circle ones below or add)

Happy family life

Material success

Intimacy

Career achievement

Friendship

Creative expression

Good health

Personal growth

Peace of mind

Spiritual awareness

Serving others

Dedication to a social cause

Other:

What values give my life the greatest meaning?

- | | |
|-------------------|------------------------------|
| Happy family life | Material success |
| Intimacy | Career achievement |
| Friendship | Creative expression |
| Good health | Personal growth |
| Peace of mind | Spiritual awareness |
| Serving others | Dedication to a social cause |

Other:

8. Is there anything that I deeply value and yet feel I haven't fully experienced or realized in my life? Yes No
What changes do I need to make – or what risks do I need to take – to more fully realize my most important values?

9. Do I have any special talents or skills that I haven't fully developed or expressed? Yes No
What changes do I need to make – or what risks do I need to take – in order to develop and express my special talents and skills?

10. In the light of the above questions, I feel that my most important life purpose would include (list):

11. What obstacles exist to pursuing and realizing my life purposes?

12. What am I willing to *commit* to doing in the next month, year and three years eliminate the obstacles in Question 11 and move toward realizing my special purposes?

One month:

One year:

Three years:

