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?

<table>
<thead>
<tr>
<th>Happy family life</th>
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<tbody>
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</tr>
</tbody>
</table>

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 to eliminate the obstacles in Question 11 and move toward realizing my special purposes?

One month:
________________________________________________________________
________________________________________________________________
________________________________________________________________

One year:
________________________________________________________________
________________________________________________________________
________________________________________________________________

Three years:
________________________________________________________________
________________________________________________________________
________________________________________________________________