

Finding Yourself

Modified from Live On Purpose

It is time for you to focus your attention inward and identify what's most important to you. This is one of the most important steps you can take towards knowing yourself better. Looking inward and thinking about what's most important to you is a prerequisite to fully living on purpose.

By the end of this exercise, you'll have a good understanding of what is most important to you in life. Here are some questions to help you start identifying what you value most. Get comfy. Take your time. Go slow. This is something you don't want to rush. These are questions you need to answer to help find yourself.

What were the 5 times in your life when you felt most alive?

What are the 5 times in your life that made you feel most proud?

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What are the 5 times in your future that will make you feel most proud?

What are 5 qualities that make you classify someone as extraordinary?

When were 5 times in your life that you were most at peace?

If you only had a month left to live, what 5 things would you do?

What 5 things do you care about so much that you'd be willing to die for them?

Now, go back and look through your answers. Spend a few minutes thinking about them. You should be able to notice a trend emerging. What are the commonalities that those answers all share? Do you see themes? What have you just realized about yourself that you may have forgotten or never even thought of? How will you move forward after reflecting on these thoughts about yourself?