

# 15 Questions Back to Myself

*The purpose of these questions is to help you re-discover some of the truths of who you are.*

*Take some time pondering your responses, try to filter out all of the 'should be' or 'like to be' answers, and answer from a place of truth.*

*Have fun!*

1. What is something you always love doing, even when you are tired or rushed? Why?
2. What have you done in your life that you are most proud of?
3. How does your being here in the universe change humanity for the better?
4. If you could have one single wish granted, what would it be? Why?
5. Who is the most important person in your life? Why?

6. To your best knowledge, how do other people perceive you?

7. How would you like others to perceive you?

8. What is your biggest self-limiting belief?

9. What is one failure that you have turned into your greatest lesson?

10. How do you feel about growing old?

11. Do you believe your destiny is pre-determined or in your hands to shape however you wish?

12. What music do you listen to when you're alone?

13. What is something you've always been good at?

14. What activity/hobby did you love as a child and/or adolescent?

15. What do you believe your life's purpose is at this moment (list all things that may makeup your purpose)?

*After completing the exercise, take a few moments to reflect on and/or journal about any revelations, thoughts, or feelings that came up in this process.*

*If you'd like help processing any of this or if you're interested in taking the next step on your self-discovery journey, book a Discovery Call and let's chat about how working together can fast track your success.*