

Think of a few people you admire:

1. What are the qualities you admire?
2. What about your past has made these qualities important to you?

Take a moment to think about what's important to you in your life:

3. What is most important to you in your work?
4. What is most important to you in your relationships?
5. What is most important to you in your social life?
6. What do you look for in a new relationship?
7. What do you look for in social groups or events to attend?
8. What do you look for in future partnerships?
9. What do you want from your life as a whole?

Think of times when you were happy, fulfilled, proud and excited:

10. Describe these situations
11. What contributed to your feelings?

Think of a time you were sad and full of regret:

12. Describe these situations
13. What contributed to your feelings?

Think of a time you were frustrated, unfulfilled, empty and annoyed:

14. Describe these situations
15. What contributed to your feelings?

Think about the world and the impact you want to have:

16. What problems do you find yourself trying to solve?
(Problems experienced by yourself, people you know, or general problems experienced throughout the world)
17. If you could have any impact on the world and people around you, what would it be?
18. What about your past makes you want to solve these problems and have this impact?

Complete the following sentences:

19. "I'm most proud of myself when _____"
20. "I'm least proud of myself when _____"
21. "I'll consider my life a success if _____"