

## Discover What You Really Want

Many of us want direction in life. A good source of direction can be obtained by understanding our core values, needs, and preferences. Take this opportunity to explore your inner world. On separate paper answer the following questions. Answer each question separately.

- 1) What 3 things do you most enjoy doing? Why?
- 2) What 3 things do you least enjoy doing? Why?
- 3) What do you like to read about?
- 4) What gives meaning and purpose to your life?
- 5) Write about 5 of your talents and skills.
- 6) Do you daydream? If so, what do you most often daydream about?
- 7) Write about three people you know and admire. What is it about them that you admire?
- 8) Write about three people you admire but haven't met (e.g. political or historical figures). What is it about them that you admire?
- 9) Write 5 predictions of changes, events, or accomplishments that will take place in your life over the next 5 years.
- 10) Write about the 5 most significant changes, events, or accomplishments that have occurred in your life over the past 5 years.
- 11) Imagine that you're 70 years old and your friends plan to honor you with a "Lifetime Achievement Award." What will they say about you? What did you do in your life that they think is special? Did you raise a family? Find a cure for cancer? Display great generosity?
- 12) Write about 5 qualities, characteristics, or skills that you look for in people.
- 13) Write about 5 of the qualities that are present in your personality.
- 14) Do the following activities as a unit:
  - a) Name 5 people or things that you feel strongly connected to.
  - b) Pick 3 of them to write about. Explain your feeling of connection.
  - c) Write about 5 personal qualities that you believe are important for you to have.
  - d) List three of your personal values.
- 15) If you could do anything and be assured of success, what would you do?
- 16) What matters to you most in life?
- 17) What do you most want to do?