

FINDING MY PURPOSE/ IDENTITY



Coping With Where I Am Now

What are the positives about my current situation?

What current aspects of my life bring me joy?

How can I make sure I engage with this regularly?

Finding My Purpose

What is important to me? What are my values and passions? What makes me feel alive and engages me?

What are my skills and talents? What am I good at?

What in the past has brought me the biggest self-fulfilment, the biggest sense of achievement?

Who are the people I most enjoy spending time with? Who are the people I feel most connected with?

Is there something I've never tried that I have a secret desire to try?