

# FINDING MY PURPOSE/IDENTITY – MOVING FORWARD



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

How could I apply this to my current life?

Alternative if not possible.

What new things will I have to do/try?

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

How could I apply this to my current life?

Alternative if not possible.

What new things will I have to do/try?

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

How could I apply this to my current life?

Alternative if not possible.

What new things will I have to do/try?

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

How could I apply this to my current life?

Alternative if not possible.

What new things will I have to do/try?

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

How could I apply this to my current life?

Alternative if not possible.

What new things will I have to do/try?