

# LIFE CLUES

“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.”

Ralph Waldo Emerson

Your task now is to answer a series of questions that are designed to offer prompts that will help determine what lights your soul on fire! Most of the questions are positive, but some have a negative twist. After all, it’s just as important to discover what makes your skin crawl, as well as what makes you jump for joy!

The Prompts will be grouped into 7 subject areas and will conclude with your life vision:

- Your Personal Interest
- Your Personal Growth
- Your Skills and Talents
- Your Role models
- Your Business
- Your Legacy
- Your “Cause”
- Your Life Vision

If you can’t figure out your purpose, figure out your passion. For your passion will lead you right into your purpose.”

Bishop T.D. Jakes

## PERSONAL INTEREST

Prompt #1: What do you love to do? In other words, what do you do in your personal time when you are free to choose your activity? What engages you so much that you might forget to eat lunch or dinner?

Example:

Reading a book, working on a project



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Prompt #2: What gives you energy? When you do this one thing, it enlivens you. What energizes you when you see it on your calendar?

Example:

An early morning hike, painting, taking a class, making something with your hands

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Prompt #3: What is so exciting to you right now that you would do anything to accomplish it?

Example:

Nicki wants to be an airline pilot when she grows up and is working 3 jobs to pay for her flying lessons.

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Prompt #4: Think of what depletes your energy. What do you NOT enjoy?

Example: I'm pretty shy and don't like to be in large groups - I like to work independently

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Prompt #5: What is something you always thought you would be doing someday?

Example:

When Maggie was 12 , she dreamed of being a travel consultant; traveling the world as a tour guide.

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Prompt #6: What did you gravitate toward when you were younger? Bring up those old dreams again. Go way back and think of what you have always loved doing...

- Art projects? Nature?
- Scientific experiments?
- Cooking? Music?
- Caring for others or for animals?



Example:

Maybe your dream of being an astronaut has faded, but there are still career options that relate to space. How about a career as an aeronautical engineer, robotics expert or communication specialist? List your dreams and interests and we'll break them down later!

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Prompt #7: What was it about your dreams or interests that brought you joy and happiness?

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Prompt #8: What do you daydream about doing?

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Prompt #9: What are you willing to do for no money at all?

Example:

Walk dogs at the animal shelter, babysit your nephew

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“Working hard for something we don’t care about is called stress:  
Working hard for something we love is called passion.”

Simon Sinek

Prompt #10: What bores you?

Example:

Politics, balancing my checkbook, paying bills, my daily commute)

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Prompt #11: What DON’T you want to do, no matter how big the payoff?

Example:

Public speaking, writing reports, keeping track of finances

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Prompt #12: With regard to your life's work, what would you do if you knew you couldn't fail?

Example:

If success were assured, Sue would start a company that would improve the technology of prosthetics that would make them more affordable, comfortable and effective.

Lisa teaches biology at her local high school. If she knew she wouldn't fail, she would go back to school to become a veterinarian and open her own practice.

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“The heart of human excellence often begins to beat when you discover a pursuit that absorbs you, frees you, challenges you, or gives you a sense of meaning, joy or passion.”

Terry Orlick

Prompt #13: What interests you when you're watching the news or spending time online? When you're scrolling through social media, what makes you stop scrolling and read?

Examples:

Do you love looking at new recipes? Do you stop for homeless animals? Do you love fashion? Do you read all the health and nutrition posts?

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Prompt #14: What topics are most interesting to talk about with your closest friends? Are there any subjects that you keep bringing up because you find them fascinating?

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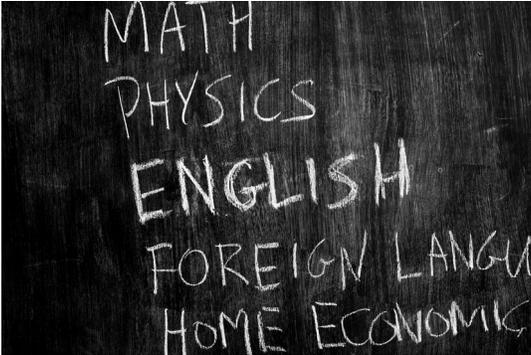
Prompt #15: What parts of your present job, your classes at school, or your life activities do you thoroughly enjoy? What activities have meaning and heart for you?

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“Your job is not just to do what your parents say, what your teachers say, what society says, but to figure out what your heart calling is and be led by that.”  
Oprah Winfrey



Prompt #16: What subjects do you enjoy (or did you enjoy) most in school and why?

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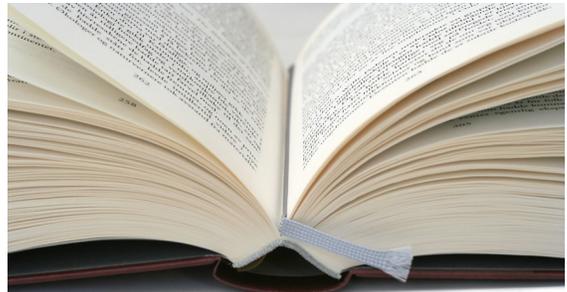
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Prompt #17: If you were going to write a book, what would it be about? And would it be fiction, non-fiction, biography, sci-fi?



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Prompt #18: Do you have the desire to live somewhere other than where you live now? If yes, where would that be and why?

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Prompt #19: What topics do you like to read about?

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Prompt #20: If you had to teach something, what would you teach?

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“If you love your work, if you enjoy it, you’re already a success.”

Jack Canfield

## PERSONAL INTEREST SUMMARY

Take a few minutes now to review your answers. Do you see any themes emerging? Any thought patterns that you see over and over again? Now, in a few sentences, put all of your Personal Interests together in one place! Write about your discoveries and insights from this section.

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"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do."

Steve Jobs