

would look like if you were truly fulfilling your special purpose. I also recommend that you share your answers to these questions with a close personal friend or counselor and get that person's input and feedback. If realizing your purpose involves making a career change, it might be helpful to work with a career counselor. If it involves going back to school, you'll want to talk to an academic guidance counselor at the school you're considering.

Life Purpose Questionnaire

1. Does the work I'm presently doing express what I truly want to be doing? If not, how can I begin to take steps toward discovering and doing work that would be more personally fulfilling?
2. Am I satisfied with the education I've obtained? Would I like to go back to school and increase my education and training? If so, how can I begin to move in that direction?
3. Do I have creative outlets? Are there any areas of my life where I feel I can be creative? If not, what creative activities could I develop?
4. Have I developed my spiritual life? Is doing so something I would like to explore further?
5. What would I like to do with my life if I could do what I truly wanted? (Assume, for the purpose of this question, that money and the responsibilities of your current job and family are not a limitation.)
6. What would I like to accomplish with my life? What would I like to have accomplished by the time I reach 70 in order to feel that my life has been productive and meaningful?
7. What are my most important values? What values give my life the greatest meaning? Some examples of values include:

Happy family life	Material success
Intimacy	Career achievement
Friendship	Creative expression
Good health	Personal growth
Peace of mind	Spiritual awareness
Serving others	Dedication to a social cause

8. Is there anything that I deeply value and yet feel I haven't fully experienced or realized in my life? What changes do I need to make—or what risks do I need to take—to more fully realize my most important values?
9. Do I have any special talents or skills that I haven't fully developed or expressed? What changes do I need to make—or what risks do I need to take—in order to develop and express my special talents and skills?