

Questions to help you reflect

Journaling has been advocated as a key activity for personal growth and self reflection. Consider reflecting on a few questions.

VALUES

- *What are 5 things that you most enjoy doing?*
- *What five things must you do every single day to feel fulfilled in your work?*
- *Set aside money for a moment; what do you want in your career?*
- *What do you want your relationships to be like?*
- *What qualities would you like to develop?*
- *What are your secret passions and dreams?*
- *What would bring more joy and happiness into your life?*
- *If absolutely no obstacles stood in the way of your achieving it, what would you most like to attain in your career?*

PRIORITIES

- *What really matters to you in life? Not what should matter, what does matter.*
- *What would you like to have more of in your life?*
- *How do you define success? What role will help you achieve complete success?*
- *What would your life be like if you had the power to make it any way you wanted?*
- *If you never had to work another day in your life, how would you spend your time instead of working?*
- *When your life is ending, what will you regret not doing, seeing, or achieving?*

STRENGTHS

- *What strengths of yours have other people commented on, and how have the strengths and comments affected your accomplishments?*
- *What weaknesses of yours have other people commented on, and what do you believe are your weaknesses?*
- *What are your talents? What's special about you?*

SKILLS

- *What you would like your obituary to say about your career accomplishments and the types of impacts you left with the people you worked with?*
- *Where would you like to be in your career in 5 years? In 10 years? In 15 years?*
- *What's the one activity you love most?*
- *Who are the people you most admire? What is it about them that attract you to them? Is there something about what they have or do that you want for your vision?*
- *Do you feel as though you have a gift or calling? How can you share this gift or best answer the call in a way that will fulfill you?*
- *What does success look for your future self?*

Future Self Guided Self Visualization

Post Visualization Activity Questions

Write about what you experienced during your visualization: any images, feelings, or words from your inner mentor.

- *What was her presence like?*
- *What was her appearance like?*
- *What was her home like?*
- *What food and drink did she bring you?*
- *Write what you can remember about her response to the specific questions you asked in the visualization:*
- *What do I need to get from where I am to where you are?*
- *How can I sing my true song?*
- *Any other question you chose to ask her, and her answers.*
- *What is your true name?*
- *What was her parting gift to you?*