

PROMPTS

- Which activities brings you the most joy outside of work?
- Where in your life or work are you currently pursuing comfort when you should be pursuing discomfort?
- Where are you holding yourself to standards of productivity that are impossible to meet?
- In what ways have you yet to accept the person that you are, not the idealized version of yourself that you dream.
- How would you spend your days differently if you didn't care about what got finished?
- Where are you holding back because you don't feel like you know what you're doing?
- What unanswered questions do you have about where your life is going right now?
- Are there any areas in your life where you feel out of balance right now? What would make them feel balanced again?
- What do you want more of in your life?
- How much money do you want to earn?
- How much vacation feels right?
- What types of vacation would you like to take?
- What would your ideal clients, or ideal tasks at work, look like?
- Where would you like to live?
- What type of activities do you want to fill your time off with? Does your current environment allow that?
- What would it take to change your job/environment to one that meets your needs better?

- What does your family, health, and work look like?
- What legacy would you like to leave behind?
- What are your secret passions and dreams?
- What adventures do you want to pursue?
- What really makes you happy in life?
- What do you refuse to do?
- How do you measure success?
- What is one thing you believe that is contrary to the rest of the world?
- How will people remember you?
- What do people in your community say about you?
- What kind of people are in your life? How do you feel about them?
- What would you like to have more of in your life?
- What do you want your relationships to look like?
- What qualities would you like to develop?
- What are your special talents?
- What accomplishments will you be looking back on?
- Describe in detail, hour by hour, your ideal day.
- What experiences both good and bad have shaped your life?
- What similarities can you recognize in your most notable achievements?
- What problems in the world are you most passionate about solving?
- If money were not an issue, what line of work would you be most drawn to?
- Which dreams in your life do you feel the most regret for not pursuing harder?
- What is the lasting legacy you want to leave?