

6 QUESTIONS TO FIGURE OUT WHAT YOU WANT



Imagine you had _____ off of work. How would you spend it? Use the following timeframes: 1 week, 1 month, 3 months, 6 months, 1 year, 2, years, 5 years.

Think about your "peak" experiences (i.e. times in your life when you felt fully "alive.") What are your peak experiences in each of these categories: work, relationships, fun, health, growth? Describe these experiences (what, who, when, where, why). What are the commonalities between them?



In your daily life, what little things bring you the most joy?

If you didn't need to work for a living, how would you like to spend your time? Get detailed! What would you like to do every day, every week, every month, and/or every year?

What did you do for fun when you were a child? How does that translate into activities you could do as an adult?

How would you approach your life differently if you knew you could never retire?
