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Personal Reflection Questions for Developing your Unique Story and your ‘WHY’?

How would you describe yourself as a person?

When do you feel the most alive, happy and fulfilled?

What activities bring you the most joy? What draws you to these activities?

What are your current goals? Short term and long term?

What motivates you? Why?

What are your core values? Why are they important to you?

What achievements (to date) are you most proud of? Why?

What strengths, skills, competencies, etc. do you bring to the table?

What is something you do really well?

What is something you can do today, that you could not do a year ago / did not think was possible?

What is something you would love to learn?

Who has been a mentor to you in the past and how have they influenced your life?

What is/are your biggest life lesson(s) to date?

What does your ideal day look like (from a personal and professional standpoint)?

What does success look like to you? What does it feel like?

What do you want to achieve in your personal life? Professional life (i.e., career)? Why?

What kind of person do you *want* to be known as? (Characteristics, values, mindset, etc.)

How can you use your current strengths, skills, experiences and competencies to achieve your goals?

What strengths, skills and experiences would be helpful to learn/gain to achieve these goals?

Do your goals make you happy?

What is your purpose in life?

Do you have a ‘life goal’?

Do you want to make a lasting change in the world?

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What changes do you want to make?

Who do you want it to support or impact, empower?

What led you to this purpose?

Are you still figuring this out? What do you think your purpose could be? Why?

What do you think the purpose of your mentor is? Or someone you look up to?

Where do you see yourself in 6 months?

- What do you want to accomplish?
- What do you want to feel like?
- What do you want to experience?
- Where do you want to live?
- Add your own: _____
- What can you do to achieve these goals?

Where do you see yourself in 1 year?

- What do you want to accomplish?
- What do you want to feel like?
- What do you want to experience?
- Where do you want to live?
- Add your own: _____
- What can you do to achieve these goals?

Where do you see yourself in 3 years?

- What do you want to accomplish?
- What do you want to feel like?
- What do you want to experience?
- Where do you want to live?
- Add your own: _____
- What can you do to achieve these goals?

Where do you see yourself in 5 years?

- What do you want to accomplish?
- What do you want to feel like?
- What do you want to experience?
- Where do you want to live?
- Add your own: _____
- What can you do to achieve these goals?

Where do you see yourself in 10 years?

- What do you want to accomplish?
- What do you want to feel like?
- What do you want to experience?
- Where do you want to live?
- Add your own: _____
- What can you do to achieve these goals?