



1. Imagine it is the day of your retirement in your current life trajectory. You look back over your life? What regrets do you have about your life? What do you wish you did more of and less of?

2. Imagine you have won the lottery and have \$5m in the bank. You never need to work for money again. What would you do right now with your time?

3. If your doctor told you that you would live perfectly for the next 6 months and then drop dead, what would you do in those 6 months?

4. What did you dream of doing when you were a child that you've let go of? What passion did you have as a child that was left unexpressed?



5. What are 5 situations in life that give you your highest feelings of happiness and satisfaction?

6. What legacy would you like to leave on this planet, how would you like to be remembered?

7. What great thing would you do if you knew you could not fail? Write it down when ready.

8. Imagine you are living your life purpose in the near future. Imagine a feeling that you are using your unique skills and talents. You are living your values and are motivated to do this activity. And you are happy doing what you are doing...what does this life look like? What kinds of activities are you engaged in? How are you spending the day?