

20

QUESTIONS

for discovering your

PASSIONS & PURPOSE IN LIFE

A reflective guide for individuals ready to find clarity,
confidence, and a more purposeful path forward.

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Why These Questions Matter

Many people move through life reacting to what is in front of them, filling their days with obligations and distractions, without ever pausing to ask what would genuinely fulfill them. It is easy to default to chasing external markers of success. It is harder, and more worthwhile, to get honest about what actually energizes you and why.

When your work and life are aligned with what you value, everything changes. You show up with more energy, more clarity, and more to give. The 20 questions in this guide are designed to help you slow down, look inward, and get clear on what matters most to you, so you can move forward with intention.

These questions have no right or wrong answers. Some will come quickly. Others may take time to sit with. Both are useful. This is simply an invitation to get honest with yourself about what matters most, and to give yourself permission to want something different.

"Don't ask yourself what the world needs. Ask yourself what makes you come alive and then go do that. Because what the world needs is people who have come alive."

— Howard Thurman

HOW TO USE THIS GUIDE

- Find a quiet place where you will not be interrupted.
- Take out paper and a pen. Write your answers rather than just thinking them.
- Write the first thing that comes to mind. Do not edit yourself.
- Be honest. No one else needs to read what you write.

BEFORE YOU BEGIN

READINESS CHECK

On a scale of 1 to 10, how clear do you feel about your purpose right now?

1	2	3	4	5	6	7	8	9	10
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1 = completely lost

Come back and retake this after you finish.

10 = crystal clear

The Questions

WHO YOU ARE

Identity and Strengths

- 01 What activities do you find fulfilling, meaningful, enjoyable, and valuable?
- 02 What tasks or activities have you done that you dislike and never want to do again? What drains your energy?
- 03 What skills or talents are you naturally good at and passionate about using?
- 04 What skills or talents do you have that you are NOT excited about using?
- 05 What unique talents have you not fully developed or expressed yet?

WHAT YOU WANT

Passion and Purpose

- 06 Would pursuing any of these interests bring more meaning into your life? If so, how?
- 07 What hobbies or interests might you consider pursuing as a life passion?
- 08 What good causes, projects, or charities do you firmly believe in or connect with?
- 09 How rewarding would life be if you did something you loved every day and made money doing it?
- 10 If you no longer needed to earn a salary, what would you spend your life doing?

The Questions

WHAT IS HOLDING YOU BACK

Fear and Resistance

- 11 What would you do if you no longer cared what other people think about you?
- 12 What would you do if you no longer wanted to maintain a reputation with others?
- 13 How does living a less-than-passionate life affect you mentally, emotionally, and relationally?
- 14 How much more would others benefit if you committed to just being who you truly are?
- 15 Name three people who inspire you. Explain why they inspire you.

WHAT YOU WILL DO NEXT

Action and Impact

- 16 Are you willing to spend time mastering these interests to become an expert or teach others?
- 17 What life lessons have you learned that other people might benefit from learning too?
- 18 What lessons could you start teaching other people today?
- 19 Is there a group of people somewhere in the world who could benefit from your help?
- 20 Given your talents and values, how could you serve others, good causes, your community, or the planet?

What Did You Discover?

What are the first steps you can take today toward living a life that feels more aligned, purposeful, and fulfilling? Start with one answer from this guide that surprised you, or one that felt the most true.

- 01 Which answer surprised you most?
- 02 Which answer felt the most true, even if uncomfortable?
- 03 What is one small step you can take this week?

NEXT

YOUR CLOSING REFLECTION

What did you discover about yourself today that you did not know when you started?

Ready to go deeper?

Farrah offers personal coaching for individuals ready to find clarity, confidence, and a purposeful path forward.

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 ***“Never give up on your dreams,
even if they do not happen
on your timeline.”***

— Farrah Smith

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