

Kick-Ass Questions About Life

Take a few minutes to answer these Kick-Ass Questions About Life listed below. Answer these questions from your heart, not based on the thoughts of others or what I might want to hear. Remember, this class is about you learning more about yourself. Either type your answers or print legibly (if you write them out, make sure that it's legibly or you won't get credit for the assignment). You must write at least two sentences for your answers to each set of questions. Make sure to bring your answers to the next class.

1. What's always on your mind? What do you think about a lot? If you were in a bookstore, what section would you gravitate towards first? If you were on the computer/internet, what would you spend your time reading or searching most?
2. What are at least three things you care about most, other than family, friends, and meaningful relationships?
3. What positive things do people say about you? What do people thank you for most often?
4. Who inspires you? Who would you most like to be like? Who are your heroes, your role models? Who do you envy most?
5. What do you help with that seems natural or easy for you? What do people come to you for? When you're at your best, what does it look like?
6. What are you amazing at doing (can be work- or life-related)? What are you great at? What do you do particularly well?
7. When do you feel most powerful, passionate, free, incredibly useful, excited, and/or inspired?
8. Who do you want to help? Who would you like to inspire? Whose lives would you like to change?
9. If you had a chance to be known for something special or unique, what would it be? How do you feel you contribute (or could contribute) to society?
10. How would you like to be seen, recognized, acknowledged, awarded, praised – now and/or in the future? What's the legacy you want to leave behind? If you were to die tomorrow, what would you want people to say about you?
11. What is your biggest fear? What's the thing that scares you the most in life?
12. How would you define success? And what would success look like for you?
13. What do you REALLY want for your life?

As you reflect on your answers to the questions, what do you notice about your answers? How do your answers provide you with a glimpse of what you desire in life – now and in the future? Which questions was hardest for you to answer? Why?