

TAKING A GOOD LOOK INSIDE

"The purpose is to define areas of your life that need renewed energy or redefined commitment."

(Jot down any thoughts that come to mind. Do not worry about incomplete answers. This does not have to be done in one sitting. Use another sheet of paper if necessary or type the answers on your computer.)

- 1) What are my current concerns and worries?
- 2) What are the greatest pressures on me right now? When do I feel it? What must I do about it?
- 3) What is changing my life?
- 4) What are the major values or goals I would like to achieve in my life?
- 5) What are the most important payoffs or rewards I am looking for in my life?
- 6) What intense, gratifying, and deeply moving experiences have I had in my life? What sort of peak experiences would I like to have in the future?
- 7) What are the major constraints or limits that I experience in my life right now that make it difficult to achieve the rewards, goals, and experiences I seek?
- 8) What are the major obstacles to getting what I want out of life? (Divide them into obstacles that lie inside you and those which are external. Think of some ways you can change or diminish some of these obstacles.)
- 9) What are the things I do well? List them.
- 10) What are the things I do poorly? Would I like to improve my ability in these areas or stop doing these things?
- 11) What would I like to stop doing?

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- 12) What would I like to start doing or learn to do?
- 13) What are the central goals in my life right now? What were my goals five years ago?
What do I project will be my goals five years from now?
- 14) Which of the things I do regularly do I expect to do less often in the following years?
What new things do I expect to have to do, or want to do?
- 15) What is the most important crisis that I expect to face in the next decade?
- 16) What is the most important choice I will have to make in the next few years?
- 17) Which domain of my life (work, family, friends, self) is the central one right now? In the next five years which domains do I expect to become more and less important in my life?
- 18) What ideal futures can I anticipate? (Imagine what you would like to be doing, and who or what kind of people you desire to be a part of your life.)
- 19) Imagine at some time in the future you have just died. Write an obituary as the person closest to you might write about your life. What do you expect you will be remembered for? What sort of achievements do you expect to have?

*(It is not the year we are born, nor the year we die that counts.
It is the dash between these two years that represents how we spent our time here on earth.)*

Notes:

*Self-reflection questions by
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