

Questions to Understand What I Love

- What do I love enough to do for free?
- What do I do that causes time to feel differently? What causes me to lose track of time?
- If I had to teach something, what would I teach?
- What do people typically ask me for help in?
- What makes me feel great about myself?
- What do I enjoy regardless of the opinions of others?
- What are my favorite things to do in the past? What about now?
- What has hurt in the past that you don't want others to go through?
- What were some challenges, difficulties, and hardships you've overcome or are in the process of overcoming? How did you do it?
- What causes do you strongly believe in? Connect with?

Question: If you were to stop living TODAY, what would you regret not having done already? What would you want people to say at your funeral that maybe they wouldn't or couldn't right now?