

## LIFE PURPOSE QUESTIONNAIRE

- How can I become a better person?
- What could I do that would make the world better?
- How can I take better care of myself?
- How could I treat others better? How could I treat my friends better? Family? Loved ones? Co-workers? Acquaintances? Strangers? Democrats? Republicans?
- What small or big act of kindness could I share with another human being today?
- How could I make my work more meaningful?
- How could I make my life more meaningful?
- How could I make my relationships more meaningful?
- How could I help myself?
- How could I help my family?
- How could I help my community
- How can I help my city?
- How can I help my country?
- How can I help the world?
- What can I learn that would serve me or serve the world?
- What can I teach or share with others that would help them?
- What brings me happiness, joy, and meaning in life? How could I do more of that?
- What brings others happiness, joy, and meaning in life? How could I support them in doing more of that?
- Who should I forgive?
- Can I forgive myself for the harms I've caused to myself and others?
- Can I forgive this other person who harmed me?
- How can I improve my health?
- What goals would I like to achieve in life? In the next week, month, ninety days, year, five years, in my lifetime?
- What's on my bucket list?
- How can I grow as a human being?
- How can I develop myself?
- How could I become more mature?
- What should I start doing today?
- What should I stop doing?
- Who should I ask for help?
- Who should I offer to help?
- Where am I grasping for control in life?
- How can I let go of what's no longer serving me or doing good?

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