

*Search for meaning and purpose:
What truly matters to you?*

Answering these 27 questions (no, it is not too many) is simply an aid to self-reflection and not meant to encourage self-recrimination. **Your goal is self-knowledge.** No one but you will ever read what you have written. You are not being graded. Stay neutral and honest. Make your answers as brief or extensive as you are inspired to make them. Consider responding to all the questions.

1. When are you the most physically comfortable?

2. What are your best attributes?

3. What are you afraid of?

4. What do you need to feel supported?

5. What would you like to learn?

6. What has been so far the happiest time of your life?

7. Do you enjoy sex?

8. Who do you want to make love to?

9. What would you like to change about the world?

10. What makes you laugh?

11. Who have you harmed?

12. Who have you helped?

13. What relationships feed you?

14. What is holding you back?

15. What is pushing you forward?

16. What are your biggest regrets?

17. What is your biggest achievement so far?

18. Who do you love?

19. Who do you hate?

20. If you could rename yourself, what would you call yourself?

21. What gives you joy?

22. What do you miss about being young?

23. What do you like about yourself?

24. What do you *like* about getting older?

25. What do you *dislike* about getting older?

25. And what makes you *happy*?

26. What was the biggest surprise in the last decade?

27. What would you like to change about yourself?

WHAT TO DO WITH YOUR RESPONSES:

I found this journal exercise was a poignant technique to explore my inner workings. I am not the same *me* as I was at 30 or I was at 40 or even at 50. You may want to put this exercise aside and look at your responses another day. Or you may be eager to review what you just wrote. Whenever you decide to read your answers to the questions, spend some time with your thoughts. What surprised you? What did you learn about yourself? You may feel totally comfortable with who you are and how your life has unfolded. Sincere congratulations. Or you may feel that life as you are living it could use some reshaping.

If you feel that a judicious redesigning of your existence would be wonderful, then how would you advise yourself to take action or change your life pattern? *What is the first step you could take?*