

## SHINE YOUR LIGHT - FINDING THE RED THREAD

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1. WHAT LIGHTS YOU UP? WHAT DO YOU LOVE DOING THAT MAKES YOU FEEL JOYFUL, INSPIRED, ENTHUSIASTIC & LIGHT?
2. THINK OF A TIME WHEN YOU FELT COMPLETELY ABSORBED IN AN ACTIVITY, YOU LOST TRACK OF TIME, YOU FELT FULFILLED. WHAT WERE YOU DOING? WHAT QUALITY OF THIS EXPERIENCE RESONATES WITH YOU?
3. WHEN YOU'RE DEPLETED, WHAT BRINGS YOU BACK TO LIFE?
4. HOW CAN YOU INCORPORATE 1 OR 2 OF THE THINGS (FROM QUESTIONS 1 - 3) INTO YOUR LIFE MORE REGULARLY?
5. WHAT TOPIC CAN YOU TALK ABOUT FOR HOURS?
6. WHAT DO PEOPLE THANK YOU FOR?
7. WHAT ANNOYS YOU MOST IN THE WORLD? WHAT IS ONE THING YOU WANT TO CHANGE IN THE WORLD?
8. IF YOUR 88-YEAR-OLD SELF WERE GIVING YOU ADVICE, WHAT WOULD THEY SAY?
9. YOUR SECRET DREAM, WHAT IS IT?
10. WHAT ARE MOST OF THE BOOKS ON YOUR BOOKSHELF ABOUT?
11. IF YOU DIDN'T CARE WHAT PEOPLE THOUGHT, WHAT WOULD YOU DO?
12. IF YOU HAD TO DEVOTE YOUR LIFE TO ONE THING, WHAT WOULD THAT BE?
13. WHEN YOU THINK BACK ON THE DECADES OF YOUR LIFE AND YOU REMEMBER THE GOOD PARTS, WHAT THEMES EMERGE?
14. ENVISION YOUR IDEAL LIFE IN VIVID DETAIL, IMAGINING YOURSELF LIVING WITH PURPOSE AND AUTHENTICITY. WHAT THEMES EMERGE IN THIS VISION?