

HOW TO DISCOVER YOUR SOUL PURPOSE

Your *Soul Purpose* is why you're here on this earth at this time. What you are looking for or seeking is probably connected to your soul's purpose. It is an aspect of your life that drives you and moves you forward. When you know your soul's purpose, you are content with your life; inner peace is present, regardless of the outer chaos.

Honestly answer the following questions (from your Good Wolf!):

1. What are you willing to struggle for? (+ why)
2. What did your child self love to do?
3. What activity makes you forget to eat?
4. Aside from necessities, what one thing could you not go a day without?
5. List two pet peeves (+ why)
6. Where do you see yourself in five years?
7. How many pairs of shoes do you own?
8. If you were a super-hero, what powers would you have?
9. What would you do if you won the lottery?
10. What form of public transportation do you prefer? (air, boat, train, bus, car, etc.)
11. What's your favorite zoo animal? (+ why)
12. What three things do you think of the most each day?
13. If you had a warning label, what would yours say?
14. What song would you say best sums you up? (+ why)
15. What celebrity would you like to meet at Starbucks for a cup of coffee ? (+ why)
16. Who was your first crush and why did you like them?
17. If you could go back in time to change one thing, what would it be?
18. If you could share a meal with any 4 individuals, living or dead, who would they be? (+ why)
19. What kitchen appliance do you use every day?
20. What's your favorite fast food chain?
21. What's your favorite family recipe?
22. Do you love or hate rollercoasters? (+why/why not)
23. What's your favorite family tradition? (+ why)
24. What is your favorite childhood memory? (+ why)
25. What's your favorite movie? (+ why)

26. How old were you when you learned Santa wasn't real? How did you find out? How did this make you feel?
27. Is your glass half full or half empty? (+ why or why not)
28. What's the craziest thing you've done in the name of love?
29. What three items would you take with you on a deserted island? (+ why)
30. What was your favorite subject in school? (+ why)
31. What's the most unusual thing you've ever eaten?
32. Do you collect anything? If so, what + why
33. Is there anything you wished would come back into fashion?
34. Do you consider yourself an introvert or an extrovert?
35. Which of the five senses would you say is your strongest?
36. Have you ever had a surprise party? (that was an actual surprise, if yes, how did you feel?)
37. What do you do to keep fit?
38. Does your family have a "motto" – spoken or unspoken?
39. If you were ruler of your own country what would be the first law you would introduce?
40. Who was your favorite teacher in school + why?
41. How many pillows do you sleep with? (+ why)
42. What's the longest you've gone without sleep (and why)?
What's the tallest building you've been to the top of?
43. Would you rather trade intelligence for looks or looks for intelligence?
How often do you buy clothes?
44. Have you ever had a secret admirer? If yes, how did it make you feel? If not, how does that make you feel?
45. What's your favorite holiday? (+ why)
46. What's the most daring thing you've ever done?
47. What was the last thing you recorded on TV?
48. What was the last book you read?
49. What's your favorite type of foreign food? (+ why)
50. Do you consider yourself a clean or messy person?
51. Who would you want to play you in a movie of your life?
52. How long does it take you to get ready in the morning?
53. Who is your hero? (+ why)
54. If you could live anywhere, where would it be? (+ why)
55. What is your biggest fear? (+ why)
56. What is your favorite book to read? (+ why)
57. What makes you laugh the most? (+ why)

58. What was the last movie you went to? What did you think?
59. What did you want to be when you were small?
60. If you could choose to do anything for a day, what would it be?
61. What is your favorite game or sport to watch and play? (+ why)
62. Would you rather ride a bike, ride a horse, or drive a car?
63. What would you sing at Karaoke night?
64. What two radio stations do you listen to in the car the most? (+ why)
65. Which would you rather do: wash dishes, mow the lawn, clean the bathroom, or vacuum the house?
66. If you could hire someone to help you, would it be with cleaning, cooking, or yard work?
67. If you could only eat one meal for the rest of your life, what would it be?
68. Who is your favorite author? (+ why)
69. Have you ever had a nickname? What is it? How did/does it make you feel?
70. Do you like or dislike surprises? (why/why not)
71. In the evening, would you rather play a game, visit a relative, watch a movie, or read?
72. Would you rather vacation in Hawaii or Alaska? (+ why)
73. Would you rather win the lottery or work at the perfect job? (+ why)
74. Who would you want to be stranded with on a deserted island?
75. If money was no object, what would you do all day?
76. If you could go back in time, what year would you travel to? (+ why)
77. How do you feel your friends would describe your strengths?
78. How do you feel your friends would describe your weaknesses?
79. What are your hobbies?
80. What is the best gift you have been given? (+ why)
81. What is the worst gift you have received? (+ why)
82. What is your favorite family vacation? (+ why)
83. What would you change about yourself if you could?
84. What really makes you angry? (+ why)
85. What motivates you to work hard? (+ why)
86. What is your favorite thing about your career?
87. What is your biggest complaint about your job?
88. What is your proudest accomplishment? (+ why)
89. If you knew you were going to die one year from today's date, what would you do?
90. When does time pass by without you noticing?
91. How do you want to be remembered when you die?
92. How are you going to help save the world?

93. What do you feel your life's purpose is? If you don't know, "I don't know" is an acceptable answer.
94. On a personal level, what is it that you are currently learning in your life? Are you learning resilience? Patience? How to offer love through food, bodywork, health care or other resources? Take a moment to ask yourself, what is it that I am learning to do?
95. What do you study even after office hours close?
96. What do you wake up drawn to do?
97. What makes you giggle for no reason?
98. What kinds of problems do people tend to come to you with? How do you find that you handle these problems? Is there a way you could help with world on a larger scale with the same kind of problems? Explain your answer.

Ask someone who knows you fairly well (outside of this group), to honestly answer the following questions:

99. What do you feel my strengths are within my personality?
100. Why do you like to have me around?
101. In what ways have I provided inspiration to your life?
102. How well do you feel I listen?
103. How well do you feel I communicate?
104. What do you feel my special gifts/talents that I have to offer the world?
105. What have I taught you?
106. What is your favourite part about me?

Journal Wrap Up Questions

107. What is your greatest insight from answering these questions?
108. Which question surprised you the most?