

- 5) How would a **friend** you knew when you were **12 years old** describe you back then? (samples: funny, crazy, loud, fun-loving, smart, quiet, creative, athletic, responsible, etc.)
- 6) How would your **parents** have described you during your **teen years**?
- 7) How would a **friend** *who knows you right now* (**today**) describe you?
- 8) What are your **THREE** biggest **goals** you want to complete **THIS YEAR**?
What are **THREE** more **goals** you'd like to complete in the next **FIVE years**?
(They can be **personal, familial, professional, physical, mental, emotional, spiritual goals**)
- 9) List *up to* three **life dreams** that you want to fulfill before you die?

10) What role, if any, does **religion/spirituality** play in your life?

LIST YOUR <u>FIVE BEST MEMORIES</u>	EXPLAIN HOW YOU RESPONDED WHEN THEY HAPPENED

LIST YOUR <u>FIVE WORST MEMORIES</u>	EXPLAIN HOW YOU RESPONDED WHEN THEY HAPPENED

Areas of My Life	The positive parts of this person or area of my life	The negative parts of this person or part of my life	What I would like to see changed with this part of my life
<u>My Spouse</u>			
<u>My Children</u>			
<u>My Extended Family</u>			
<u>My Job</u> (aspirations, status quo, success, frustrations, etc.)			
<u>My Social Life</u> (close friends, acquaintances, socializing)			
<u>My Mental & Emotional Health</u> (stress, happiness, anger, thoughts, etc.)			
<u>My Physical Self</u> (appearance, quality of health, my sexuality)			

<u>Finances (hopes, aspirations, disappointments)</u>			
<u>My Spirituality or Religion</u>			

11) In a typical week, list **at least five things** you do to meet the **needs of others** or to make other people happy:

12) In a typical week, list **five things** you do to **meet YOUR OWN NEEDS** and to make yourself happy:

13) What makes you feel “alive”?

14) What’s your dream job or life scenario?

15) What is your **main mission** in life? What do you want to be **remembered** for by others when you die?