

14 Quality Questions To Inspire Reflection

1. *Why do you want to find your passion?*

Think about it, there is an underlying reason you desire to find your passion.

2. *What is holding you back from finding your passion?*

You are here now answering these questions with the intent to find your passion. You are on the right path. But what has been holding you back all this time? Do you hold back, like I did, because you believe that you won't make enough money? Or because you are afraid of failing?

3. *What do you think will happen if you don't find your passion?*

Contemplate on the way your life is now. Describe your job, business, career, finances, relationships etc. Now, imagine your life 10 years from now. How do you think your life will be if you don't find your passion?

4. *How will you feel when you do find your passion?*

Write down the type of emotions you will feel once you finally discover what you were meant to do in this world.

5. *As a child what were your hobbies, what interested you, and how did you have fun?*

To children everything is possible. As we grow up we start adopting beliefs about what we can and can't do. Think about the limitless dreams you fantasized about when you were younger.

6. *Why haven't you pursued those interests?*

Are you blocking your dreams and diminishing your potential by imposing limits on what you think is possible? Write down all the beliefs you can think of that have been holding you back. Noticing and recognizing false beliefs gives them less power.

7. *What can you do in the future to keep moving forward in spite of false beliefs and self-doubt?*

There is no question about it. Self-doubt and false beliefs will visit you often. But you can either let them take up permanent residence or you can show them who's boss and send them on their way. To go with the second option, you must have a plan in place.

Come up with different tactics you can use to evict false beliefs and self-doubt as soon as they show up on the scene. If you haven't downloaded the "I Commit Contract," do that now so you can read it when negative thoughts try to weigh you down. It can also be as simple as keeping a list of quotes that inspire you or stories of triumph about people who overcame obstacles.

8. *What do you love, what makes you happy?*

Make note of your favorite things. What is your favorite book, magazine, YouTube video and TV show, what's your favorite song? Even if you do have more than one favorite thing in each of these categories, make an effort to pick only one for this exercise.

9. *Why do you like these things?*

What kind of emotions do they trigger? Find commonalities and write them down. This could be your passion.

10. *When do you lose track of time?*

Think of the activities that you find fun, inspire passion, and give you a sense of joy so much so that you don't even notice time passing.



11. Do these activities have any similarities?

Is there something that binds these activities? Can you put two and two together and come up with one word to describe these activities?

12. What are you good at or know a lot about?

Write down any special talents, areas of knowledge, or abilities that come easy to you. They can be big or small. This can be speaking in front of a big crowd, dancing, make up, gardening, cooking, playing with children, crafting, or journaling.

13. If you could do something and know you couldn't fail what would it be and why?

Write down all the dreams you secretly think about. This is something you think of day and night and you would love to accomplish. It could be to write a novel, sing, dance, get fit, travel, or start a nonprofit.

14. If you could make a change in the world what would it be?

Make a list of any causes or organizations you would love to contribute to, or something that bothers you about the world that you would love to change. This could be pollution, veganism, obesity, child abuse, cancer, learning deficiencies, entrepreneurship, poverty, healthy cooking, or parenting.

