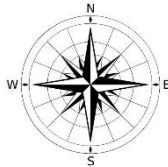


Soul-Searching Exercise

Discovering Your Life's Purpose:



Free Full Exercise

*Finding my authentic self is something that I struggled with for a long time. In a way, I'm still discovering myself. While you should **always allow yourself to grow and evolve**, it's also important to have some direction in life by finding your **True North**.*

*I believe that when individuals find their authentic selves, **society benefits and evolves as a result**. There are many aspects to living an authentic life, from wellness to self-discovery to finding a fitting career. Once you start living an authentic life, you will become noticeably more content and satisfied. This is because you finally **align yourself with your higher purpose, innate talents, and natural dispositions**.*

*But here's the problem: **most people don't know what they want in life**. Even if some claim to know, they're often just accepting the*

programming imposed by mainstream society (the Matrix). These people may commit to a seemingly satisfying career, only to feel burned out or purposeless ten years later.

That being said, some people are content with what life has given them, and that's fine. But this article is for those who wish to live up to their utmost potential and higher calling.

The best way to start living a more authentic and fulfilling life is to discover what you truly want, which is a very tricky and deeply philosophical quest that only the brave choose to explore.

*I strongly believe that the **best way to start a self-discovery quest is by temporarily removing yourself from your familiar environment and going on a retreat or a [sabbatical](#)**. But most people don't have the time or resources for that, right? That's why I've designed a **well-researched self-discovery questionnaire** that anybody can complete in one cozy afternoon.*

*So, light up your [hygge](#) candles, make yourself a hot vegan latte, and let's start. **No excuses!***

My Research

In this blog, I've devised a **well-researched questionnaire of self-discovery** inspired by the teachings of the following books:

- **"[The Four Agreements](#)"** by Don Miguel Ruiz
- **"[The Untethered Soul](#)"** by Michael A. Singer

- **"Daring Greatly"** by Brené Brown
- **"Man's Search for Meaning"** by Viktor E. Frankl
- **"The Power of Now"** by Eckhart Tolle
- **"The Pathless Path"** by Paul Millerd
- **"Outwitting the Devil"** by Napoleon Hill

This questionnaire will **help you question your own convictions and find (or build) your authentic self**. Some questions will be followed by instructions, while others will not.

Answer the questions without instructions to the best of your ability. **Don't skip any questions** unless given the option. Some questions might seem redundant, but don't worry—it's all part of the process.

Before You Begin

Objectives: This questionnaire is crafted to prompt **deep reflection**, aligning with the teachings of the above-mentioned authors to **guide individuals toward self-discovery and fulfillment**.

Time commitment: How long will this take you? Find a cozy **Study Time** video on YouTube as a background and take a **10-minute break per hour**. For this exercise, you need to be relaxed and have two to four hours available.

What you will need:

- Pencil or pen
- Silence
- Notebook (to answer all the questions)
- Water or any non-alcoholic cozy drink
- A place where you can work undisturbed

Let's begin!

Part I: Self-Exploration and Reflection

1. Question: Who do you think you are?!

No, really. **Describe who you think you are right now**, but in the third person. For example:

"Jane Doe (your name) is a dependable and loving daughter and mother. She is also very diligent and hard-working, but she always seems stressed and tired. She loves cooking for her family and watching Netflix, and one day wants to own her own business and work from home."

Instructions: You can be very general here, but **be brutally honest**. Try to keep your answer under six sentences. Describe the type of person **you believe you are, not just what others say about you**. Keep it in the third person, as if you were talking about someone you know very well.

2. Question: What are your strengths, core values, and/or positive qualities? Circle all that apply (below).

Instructions: Be brutally honest with yourself and continue to describe yourself in the third person (ref. Q.1). If you are conflicted about an attribute, **consider how you behave most of the time**. If you are still unsure, think about the **positive attributes you display with strangers or people you dislike**—that is the real you.



Identifying and understanding your strengths allows you to leverage your unique abilities. *This self-awareness helps you maximize your potential, build confidence, and make informed decisions about your career and life path. **Don't be humble here,** you have more qualities than you know.*

- | | |
|------------------|----------------------|
| 1. Perseverant | 9. Intelligent |
| 2. Honest | 10. Creative |
| 3. Compassionate | 11. Open-minded |
| 4. Empathic | 12. Confident |
| 5. Kind | 13. Humble |
| 6. Generous | 14. Patient |
| 7. Resilient | 15. Leader/visionary |
| 8. Tenacious | 16. Team player |

- | | |
|-----------------|---|
| 17. Adaptable | 26. Fair |
| 18. Reliable | 27. Independent |
| 19. Optimistic | 28. Positive |
| 20. Spiritual | 29. Self-motivated |
| 21. Trustworthy | 30. Problem-solver |
| 22. Diligent | 31. Self-Caring (Wellness & Healthy Habits) |
| 23. Dependable | 32. Proactive |
| 24. Flexible | 33. Other_____ |
| 25. Diplomatic | |

3. Question: You guessed it. What are your weaknesses?

Instructions: Just like in question #2, **be brutally honest with yourself and continue to describe yourself in the third person.** If you are conflicted about a weakness, consider how you behave most of the time. If you are still unsure, think about the flaws you display with strangers or with the people you love—that is the real you. Once you're done with this question, **eat a piece of your favorite chocolate if you start feeling a little sad.**

- | | |
|----------------|--------------------|
| 1. Selfish | 6. Impatient |
| 2. Intolerant | 7. Unreliable |
| 3. Inflexible | 8. Lazy |
| 4. Pessimistic | 9. Procrastinating |
| 5. Arrogant | 10. Unaccountable |

- | | | | |
|-----|------------------------------------|-----|-------------------|
| 11. | Closed-minded | 21. | Codependent |
| 12. | Passive-aggressive | 22. | Negative |
| 13. | Apathic | 23. | Non-adaptive |
| 14. | Inconsistent | 24. | Poor communicator |
| 15. | Indecisive | 25. | Poor time manager |
| 16. | Overcritical (even of
yourself) | 26. | Overly defensive |
| 17. | Rigid | 27. | Irritable |
| 18. | Lacking self-
discipline | 28. | Impulsive |
| 19. | Insecure | 29. | Egotistical |
| 20. | Irresponsible | 30. | Materialistic |
| | | 31. | Others_____ |

4. Question: Think of someone you truly admire and explain why. What qualities do they possess that you would like to adopt? Do you currently share any qualities with them? Which ones?

Instructions: This could be anyone, from your grandmother to Oprah, as long as you say why you admire them. **Don't just pick people that you admire for their looks and money**—even if you do aspire to be rich.



*Finding a role model is a **very helpful step to self-discovery**. They unveil what truly resonates with you, helping you define your personality and career options. Role models, whether real, fictitious, or historical, **provide clues to who you really are while inspiring you to become the best version of yourself**.*

5. Question: What are some of your favorite movies or books? Do you see a pattern in what your favorite characters do for a living?

Instructions: Think about the stories and characters that have captivated you the most.

Reflect on their professions and roles. **Are there similarities in their jobs or lifestyles that resonate with you?** This can provide insight into your own interests and aspirations.

6. Question: What personality traits or talents would you like to have that you do not yet possess? How can you try to develop those traits and/or talents?

Instructions: Consider the qualities and skills **you admire in others or wish you had**. Be honest about what you lack and think about ways to cultivate these traits.

These might be talents you already have but have not fully developed. Write down practical steps you can take to improve and grow in these areas.

7. Question: What are the qualities that set you apart in your immediate circle? How can you maximize these strengths? Believe me, you do have strengths.

Instructions: Reflect on what makes you unique among your friends, family, and colleagues. **Identify your distinctive qualities** and think about how you can **leverage these strengths to your advantage**.

Write down specific actions you can take to highlight and maximize these strengths in your daily life.

8. Question: What are you most afraid of in life?

Instructions: This is not a question about spiders. Here you must **dig deep and express your greatest fears**. When fear holds you back, it can prevent you from becoming the best version of yourself. It can create a barrier between you and your true potential, keeping you stuck in your comfort zone.

Fear whispers doubts in your ear, telling you that you're not capable or worthy of achieving your goals. **These fears may or may not be logical.**

9. Question: How do you typically respond to failure, criticism, or problems? What is your pattern? How has the fear of being vulnerable and judged impacted your willingness to step out of your comfort zone and seek real solutions?

Instructions: Reflect on your usual reactions to **setbacks, criticism, or challenges**. Identify any **recurring patterns in your responses**.

Consider how the fear of vulnerability and judgment has influenced your decisions and actions. Write down **how these fears might have held you back** from taking risks and finding true solutions.

10. Question: Try to imagine that you're free from your fears. How would this affect your long-term life plans?

Instructions: Envision a life where you are **no longer constrained by your fears**. Think about how this newfound freedom would change your goals, aspirations, and daily activities.

Describe how your long-term plans and overall approach to life would shift if **fear were not a factor**.

11. Question: At your age, what are the roles society imposes on you? Do you agree with these stereotypical roles? Are you letting them define who you are?

Instructions: Reflect on the societal expectations and roles associated with your age group. Analyze whether you **agree with these stereotypes and consider how much they influence your self-identity**.

Write down whether you are allowing these roles to define you and how you can challenge or embrace them in a way that aligns with your true self.

12. Question: Have you identified any self-imposed limitations that are hindering your progress or happiness, and how can you overcome them?

Instruction: Limiting beliefs are **convictions that justify poverty and unhappiness**. For example, growing up, I always heard that poverty was an intrinsic part of being a good spiritual person. I no longer believe this because, with wealth, I can live a fulfilling life,

help grow my community, and bring happiness and stability to my family. **Instead of needing, I can provide.**

In this question, think about what self-limiting beliefs you might be programmed with and write them down..

13. Question: Are you able to find moments of stillness and silence amidst the noise and busyness of everyday life? What are you doing (or trying to do) during those moments? Where are you when you can find stillness and glimpses of mindfulness?

Instructions: Reflect on how you manage to find quiet and peace in your daily life. **Think about the activities or practices you engage in to achieve moments of stillness and mindfulness.**

Describe the places or environments where you can **experience these peaceful moments** and how they help you connect with your inner self.



*Amidst the noise and busyness of everyday life, **finding moments of stillness and silence is crucial for discovering one's authentic self.** It allows for introspection, self-reflection, and a break from external influences, paving the way for deeper self-*

*awareness. These moments, when nobody is watching, **allow you to connect with your true desires, values, and passions**, ultimately leading to higher self-awareness.*

14. Question: If you could be and stay young and healthy for 200 years, what would you be doing every day?

Instructions: Imagine a scenario where you have an **extended lifespan with good health**.

Consider how you would spend your days and what activities you would prioritize. Describe how this extended time would **influence your goals, passions, and daily routines**.

15. Question: Are there any past experiences or regrets that are preventing you from living authentically in the present? How can you let go and forgive yourself and others to find inner peace and emotional liberation?

Instructions: This is an important question. Freeing yourself from trauma can be **one of the most liberating things you can do**. If you suspect you have unresolved trauma, seek professional help so that you can reclaim your energy and refocus on your own well-being and ideal life.

Also, remember to **free yourself from other people's traumas**. You should help others, but never at the expense of your own wellness.

16. Question: What moments in your life have brought you a deep sense of fulfillment and purpose? What values and qualities did you display in those moments?

Instructions: Recall specific instances when you felt **truly fulfilled and purposeful**. Identify the values and qualities you exhibited during these moments.

Write down how these experiences have **shaped your sense of self** and your understanding of what brings you joy and meaning.

17. Question: In less than five words, write what motivates you to keep going every day. What would be your personal mantra?

Instructions: Think about the core motivation that drives you daily. Summarize this motivation in a **concise, powerful mantra of fewer than five words**.

This mantra should capture the **essence of what keeps you moving forward**.

18. Question: How do you nurture and cultivate a sense of connection and love in your relationships, both with yourself and with others? Can you identify moments when love and interconnectedness brought meaning to your life? If yes, what have you done to keep fostering those relationships?

Instructions: Reflect on how you build and maintain loving and meaningful relationships. Consider the actions and practices that **help you stay connected with yourself and others.**

Identify specific moments when **love and connection have added meaning to your life** and describe how you continue to nurture these relationships.

19. Question: What are the barriers that prevent you from setting and maintaining healthy boundaries? How can you begin to practice setting boundaries as a way to honor your own needs and values?

Instructions: Identify the obstacles that make it **difficult for you to establish and maintain boundaries.** Reflect on why these barriers exist and how they impact your well-being.

Write down strategies and steps you can take to **practice setting boundaries that respect your needs and values.**

20. Question: In what areas of your life do you feel a sense of spiritual fulfillment or connectedness to something beyond yourself? How can you further engage with those aspects to deepen your sense of meaning and purpose? Can you make a career out of that sense of purpose?

Instructions: Think about the aspects of your life that give you a sense of spiritual fulfillment and connectedness. Reflect on how you can **deepen your engagement** with these areas to enhance your sense of meaning and purpose.

Consider whether it's possible to **turn this sense of purpose into a career** and how you might go about achieving that.

21. Question: Now, envision your future self. What would be the best version of yourself? Who do you want to become? Visualize your ideal future.

Instructions: To answer this question, use the following sub-questions as a guide:

- What would *the ideal you* spend most of the day doing?
Please don't say sleeping or watching TV.
- How would your *ideal self* earn her/his living?
- When would you embody your *ideal self*?
- Where would your *ideal self* live?

When answering the question "***Who are you?***", you can provide a description that includes both your personal and professional attributes, values, interests, and experiences.

Here, you may **elaborate on your hobbies, core beliefs, and career**. You should also summarize your background, and the cultural or social influences that shape your (*ideal*) identity. It's also an opportunity to convey what makes you unique.

Part II: Career and Life Aspirations

This section is particularly useful for students and anyone wanting a career change.

1. Question: If you are working, does your current job reflect your core values, stimulate you, and showcase your unique/innate strengths?

Instructions: Reflect on whether your current job **aligns with your core values, stimulates your mind, and allows you to use your unique strengths.**

Consider how well your job **matches who you truly are** and what you care about.

2. Question: What are your hobbies? If you have none, what hobbies would you engage in if you had more free time?

Instructions: Think about the activities you **enjoy doing in your free time.** If you don't currently have any hobbies, imagine what you would like to do if you had more time.

Write down these hobbies or potential hobbies and **consider what they say about your interests and passions.**

3. Question: Are there career tracks or opportunities related to your hobbies that align your true interests with your career path?

Instructions: Consider if there are career paths that connect with your hobbies and interests. Think about how you can **align your true passions with your professional life.**

Write down any opportunities or career tracks that come to mind.

4. Question: In what ways do you (or would you) currently integrate your personal values and attributes (from Part I) into your work?

Instructions: Reflect on how you currently incorporate your personal values and attributes into your job. If you don't feel you are doing this, think about ways you could **start integrating these aspects into your work**. Write down specific examples or ideas.

5. Question: What was your childhood career dream? Why do you think you wanted to pursue those careers?

Instructions: Your childhood (**not teenagehood**) career dreams are not important; what matters are the underlying motivations of those dreams.

For example, maybe you dreamed of being a singer because you enjoyed **entertaining people**, or you wanted to be a doctor because you wanted to **help people**.

These motivations may provide clues to what you truly want in life. Reflect on your childhood career dreams and write down the reasons behind them.

6. Question: Imagine that you won 20 million

dollars. I know it might feel ludicrous, but try hard to imagine that you no longer need to worry about being in survival mode. What would be your ideal career/profession if you didn't have to worry about money?

Instructions: Most people feel some resistance here, because deep down they believe that it is **impossible to become a debt-free millionaire**. But it is an important part of self-discovery to allow yourself this fantasy.

Think about what activities you would do if you did not have to **worry about money and resources**.



*If your answer is '**Why would I even work**'? Then you're not operating from your higher self. A fulfilling life is not just about accumulating wealth. While it's true that financial freedom can provide a sense of security and peace of mind, it's also important to find meaning and purpose in what you do every day. This is where working or finding a noble occupation comes in.*

7. Question: Write down one or two occasions where you felt particularly useful to a friend, family member or stranger?

Instructions: Reflect on at least one or two occasions when you've felt particularly useful to someone. Was it **while singing and playing the piano for everyone's enjoyment during Christmas?** Was it **planning your friend's birthday party?** Was it **taking care of your grandmother?** Was it **tutoring your classmates?** Was it **managing the household's bills and shopping lists?**

The activities you enjoy often carry clues about what you're meant to do in life.

8. Question: Do you have a life mission?

Instructions: Having a life mission is important because it gives you a sense of purpose and direction on your journey of self-discovery and personal growth.

When you have a clear mission, you know **what truly matters to you and what you want to contribute to the world.** It becomes a guiding light that helps you make decisions aligned with your values and passions. A life mission also **helps you stay focused, motivated, and fulfilled.**

9. Question: Can you identify individuals or role models who have forged unique, unconventional paths to success and happiness? What lessons can you draw from their experiences to inform your own journey?

Instructions: Think about role models who have pursued unconventional paths to achieve success and happiness. For example, two of my biggest idols are Hypatia and Hildegard of Bingen.

"Hypatia and Hildegard of Bingen both forged unique and unconventional paths to success and happiness by defying societal expectations and pursuing their intellectual and creative passions. Hypatia, a mathematician and philosopher in ancient Alexandria, challenged the gender norms of her time by becoming a renowned scholar and teacher, while Hildegard of Bingen, a medieval abbess, made significant contributions to music, theology, and natural history. Their experiences teach us the importance of resilience, determination, and the courage to break barriers to pursue one's ambitions."

Reflect on **what you can learn from such individuals** and how their journeys can inspire and guide your own path.

Part III: Integration and Alignment

1. Question: What are the attributes, interests, and qualifications needed to pursue the potential career paths you've identified throughout this questionnaire?

Instructions: For example, if your ideal career is to become an environmental engineer, **research all about that career path to include what the tasks are and what it takes to become a successful environmental engineer.**

This step is meant to **shed light into what you think you want and what it takes to get there.** If you've done this exercise right, this step can help you jumpstart a meaningful career path that is motivated by your higher self, not your 'matrix self'. Don't forget to also do your Career Mapping, some other day.



*I strongly recommend exploring **ONET OnLine**, an excellent resource provided by the U.S. Department of Labor that can help you discover job options that align with your interests and talents. On their website, you can search, browse, **or directly input your skills and interests** to explore over 900 occupations based on your goals and needs. By utilizing the ONET Interest Profiler, you can take an online test that assesses your interests*

and level of work experience, offering suggestions for matching careers: [ONET OnLine](#)

2. Question: How do you (or will you) ensure that your daily actions align with your long-term goals and aspirations?

Instructions: Reflect on the steps you take daily to stay on track with your long-term goals. Consider how you can **adjust your daily routines and habits** to better **align with your aspirations**.

Write down **specific actions** you can implement to ensure consistency and progress toward your goals.

3. Question: Based on everything you've discovered about yourself in this exercise, what goals do you want to achieve in the next 1 to 5 years? How will you and your life look then?

Instructions: Now, use the information you've discovered through this exercise to **create or update your [vision board](#)**. With a clearer picture of what you want and who you want to become, be brave enough to pursue your plans little by little.

Write down your **goals for the next 1 to 5 years** and visualize how you and your life will look when you achieve them.