

Lifeline

Good questions – *Better life*

30 powerful questions that start you on the path to a more satisfying life

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Knowing Your True Values, Passions and Gifts.

- 1) What do you spend most of your time thinking about?
- 2) What are the 3-4 most important things in your life?
- 3) What would you love to do if you knew you could not fail?
- 4) At what times do you feel most peaceful?
- 5) What experiences, activities or work projects have given you the most fulfillment in recent years? Why?
- 6) What do you want to increase in your life?
- 7) What do you want to decrease in your life?
- 8) Think ahead 20-25 years. Looking back from that vantage point, what do you hope you see? What missed opportunities will cause you the most remorse?
- 9) What things come natural for you, things you do with ease?
- 10) What skills, gifts, talents, hobbies bring you great joy and energy?

Change, Transition & Growth

- 11) What's something in your life you'd like to change?
- 12) What's keeping you from changing it?
- 13) What's something in your life that stresses you out regularly?
- 14) What goals would you like to achieve?
- 15) Do you currently have the resources, skills or knowledge to reach your goals?
- 16) How might you acquire the information/resources you need?
- 17) Who can you talk to that would be helpful?
- 18) Do the people you spend time with help you be the person you want to be, or detract you in another direction?
- 19) What is one habit that is keeping you from being your best?
- 20) Is there something you would like to start right now? Why not do it?

General Life Questions

- 21) What is your life purpose?
- 22) What are your best strengths/talents
- 23) What is the cost of not changing anything in your life right now?
- 24) Are you trying to do too much and not doing anything well?
- 25) What people do you admire and why?
- 26) If your relationship was ideal, what's something that would be different?
- 27) What people, books, talk shows and media shape and inform your thoughts?
- 28) What areas of your life are you most happy with?
- 29) What areas of your life are you most dissatisfied with? Why?
- 30) What are you going to do with the results of these questions?

The Next Step

Reflecting on the above answers:

- What questions were you most interested in answering? What might this say about you currently?
- Were there any themes that emerged? Repetition or affirmation?
- What might the above say you are doing well?
- What might the above say you are struggling with?
- What are three goals you would like to set for yourself in the next 3 months?
- What is one thing you can do this week that will start you on this path?

Interested in Coaching?

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