

Discovering The Life You Were Meant To Live

This is a journey of discovery. God has designed your life, since before you were born. In Jeremiah 29:11, God says, "I know the plans I have for you; plans to prosper you ..." God has a plan, beyond your wildest imagination. He has planted this life deep in your heart like a seed, waiting to sprout. Many of us live our lives through scripts written for us by someone else. Our parent have ideas about what they want us to become. School counselors offer career placement tests designed to tell us who we should be. We often settle for less than what God has planned for our lives. It's good to know what you're good at. But it's equally important to know what makes you tick. This series of questions are designed to get the thought processes rolling. Take out several sheets of paper and a pen. Begin by answering the first question on this list, and work your way through. Don't rush. Spend as much time on each one as you need to. And answer each as honestly as you can.

- 1 What gives you the most enjoyment in life? (hobbies, family, friends, projects, work?)
- 2 What events or activities cause you to forget about time?
- 3 What things can you do well without even trying?
- 4 Who are your hero's, who do you look up to, who inspires you? What qualities in their life impress you the most?
- 5 If you could spend a weekend with anyone you choose, alive or dead, who would it be? Why?
- 6 When people ask you for advice or help, what subject does it usually involve?
- 7 What do you like about yourself?
- 8 What do you dislike about yourself?
- 9 What topic would you consider yourself well versed in? (work, personal interest, hobby, etc.)
- 10 What human or world interest/s do you strongly support or connect with? (Animal rights, politics, faith, environment, etc.)
- 11 If you could do anything you wanted, knowing that you would not get hurt, or be afraid, what would you do?

12 Is there one thing throughout your life, beginning as far back as you can remember, that has been consistently interesting to you? (activity, a hobby, a subject, etc.)

13 If you could do your current job for free, knowing that lack of money was not an issue, would you do it? Why/Why not? What job would you do for free, if money were not a concern?

14 What do you consider some of your strengths to be?

15 What do you see as some of your weaknesses?

16 If you had the opportunity to teach something, what would the subject be?

17 What do you value most? (money, relationships, family, job security, health, etc.) List your top 5 values as you understand them now.

18 What are some things that are holding you back, or preventing you from realizing your dreams? (fear, lack of money, lack of formal education, location, relationships, past experiences, etc.)

19 What are some difficulties or challenges that you have overcome in your past? How were you able to do it? What is the biggest challenge facing you now?

20 Imagine yourself at 90, sitting in a swing on your front porch, reflecting back over your life; As you know your life now, what things would you regret not having done? What things would you be most proud of having accomplished? Given the chance, what would you do differently if you could?

PUTTING IT ALL TOGETHER

Look back over your answers. How do you feel about your answers? Was it hard to do this? Did themes or patterns develop? What kind of questions did this process bring up for you? Did you begin to get a vision for the life you were meant to live? This is just the beginning. Self discovery is the first step in walking closer to the path God has planned for you.

Would you like to discuss this process further? Email Life Coach Greg Tutwiler to schedule an appointment. (coach@freedomliving.org)



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