30 questions to reflect on your life

Meaning, purpose, and the path to creating projects that make the world better and making a living from them.

HOW TO USE THIS WORKBOOK

Answer by hand and take your time. One section per sitting is enough.

Write the first thing that is true, not the thing that sounds good.

There are no right answers. Come back in a few weeks and notice what has changed.

CONTENTS

1. Your life today	Questions 1–6
2. Meaning	Questions 7–12
3. Purpose	Questions 13–18
4. Leaving the traditional system	Questions 19–24
5. Creating and making a living from it	Questions 25–30

NAME _____ DATE _____

Your life today

01 If your life stayed the same for the next ten years, what would you feel looking back?

02 At which moments of your week do you feel most alive, and at which are you just going through the motions?

03 Which part of your life did you choose, and which part did you inherit from other people's expectations?

04 What have you been putting off for years “until there is time or money”?

05 What truth about your life do you avoid telling yourself?

06 What gets your best energy, and does it deserve it?

Meaning

07 Which experiences have marked you most, and what did they teach you about what matters?

08 What pains you about the world so much that you cannot ignore it?

09 When was the last time you felt that what you were doing mattered beyond yourself?

10 What is a life well lived to you, in your own words and not those of your family or your culture?

11 How would you like to be remembered by the people whose lives you touched?

12 If you had one year left to live, what would you stop doing tomorrow?

Purpose

13 What would you do even if no one paid you or applauded you?

14 Which talents come naturally to you and are constantly asked of you by others?

15 What problem would you like to have helped solve before you die?

16 Whom do you want to serve, specifically?

17 What were you curious about as a child that you abandoned as you grew up?

18 Is your purpose something you find or something you decide to build? What changes depending on your answer?

Leaving the traditional system

19 What does the system give you today (security, status, belonging), and what does it charge you in return?

20 What is the worst that could really happen if you leave, and could you recover from it?

21 What is the worst that could happen if you stay?

22 Whom are you afraid of disappointing, and are you living your life or theirs?

23 How much is “enough” for you in money, comfort and recognition?

24 Do you want to leave out of conviction, or are you running from something that would follow you wherever you go?

Creating and making a living from it

25 What concrete project would you create if you had three years to try?

26 Who would benefit from that project, and why would they be willing to pay for it or support it?

27 How much do you need each month to live with dignity, and how many months can you sustain yourself while you build?

28 What can you test on a small scale in the next 30 days, without quitting anything yet?

29 Who already makes a living from something similar, and who would walk this path with you?

30 What are you willing to sacrifice, and what is non-negotiable?