

# Journaling Prompts to Uncover Your Purpose

1. What do you do for a living? Is it what you want to be doing? Why, or why not?

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2. How do you define your purpose?

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3. Is your current work allowing you to fulfill your purpose?

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4. What did you learn about work and purpose in your family of origin, explicitly (intentional teaching) or implicitly (modeling)? How is that influencing your beliefs about your work and purpose today?

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5. If you could design your “ideal” work, what would it be?

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6. As a child, what did you want to be when you grew up?

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7. What were your favorite activities growing up?

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8. If you had all the money you need, what pursuit(s) would you dedicate your life to?

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