

The Essential Questions

What do you want to create? Take the time in the next week to answer these in your favorite journal. Create as many answers to these questions as you like and check them off as you go. This is for you... so please don't censor or critique yourself. This is not asking how to solve something or HOW you will create what it is you want to create, but instead it is simply asking WHAT it is that you want and WHO it is you want to become. Enter "flow of consciousness writing" by putting your pen to paper and writing without stopping for at least 5-10 minutes.

- "WHAT DO I WANT TO CREATE?"
- What is my soul's deepest desire?
- If I knew I was absolutely guaranteed to succeed, I would: _____
- What is my passion?
- Who do I desire to become?
- What things do I want to have?
- How do I want to spend my days?
- With whom do I want to spend my days?
- What is grounding to me?
- What would I do if I wasn't afraid?
- What are my greatest strengths?
- What are 5 things I'm most proud of?
- What are 5 things I will be most proud of?
- What's my dharma/purpose/reason for being on the planet?
- What is it that I, and only I, can give to the world?
- If I had only 6 months to live, what would I do?
- If I won \$100 million in the lottery, what would I do?
- If I met a genie and s/he gave me three wishes, what would I ask for?

- What does renewal mean to me?
- How can I allow myself to renew more frequently?
- Do I procrastinate too much?
- Is there a better way that I can prevent stress from building up?
- Do I spend enough quality time with my family?
- Do I get enough sunshine on my face?
- Do I listen enough?
- Am I on a good trajectory towards my goals?