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# Life Direction Discovery Survey

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## **Life Direction Discovery Survey**

Welcome to the Life Direction Discovery Survey. This survey is designed to help you gain clarity about your passions, strengths, values, and interests.

By reflecting on these aspects, you'll be better equipped to identify potential life paths that align with your authentic self.

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## Section 1: Personal Reflection

What are the top three accomplishments in your life that you're most proud of?

1.

2.

3.

What about these achievements brings you joy?

List five adjectives that you would use to describe yourself.

1.

2.

3.

4.

5.

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## **Section 2: Passion and Interests**

What activities or hobbies do you find yourself consistently drawn to, even if they don't seem directly related to your current career or responsibilities?

If you had unlimited time and resources, what new skills or interests would you pursue?

Reflect on a time when you lost track of time because you were so engrossed in an activity.

What were you doing, and why did it captivate your attention?

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### **Section 3: Strengths and Skills**

What skills or talents do others often compliment you on?

These could be related to work, personal life, or other areas.

Think about challenges you've overcome.

What strengths did you rely on to navigate those challenges?

If you were to teach a workshop, what topic or skill would you feel confident sharing with others?

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## Section 4: Values and Priorities

Identify three core values that are important to you.

1.

2.

3.

How do these values influence your decisions and actions?

Imagine you've achieved great success.

What does that success look like to you?

Describe the kind of impact you've made and the lifestyle you're leading.

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## **Section 5: Vision for the Future**

Envision your ideal day, five years from now.

What are you doing?

Who are you surrounded by?

How do you feel?

Consider the legacy you want to leave behind.

What do you hope people will remember you for?

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List three goals or aspirations you'd like to achieve in the next year.

1.

2.

3.

Congratulations! You've completed the Life Direction Discovery Survey.

Take some time to review your answers and reflect on the insights you've gained.

This survey is just a starting point, and it can serve as a foundation for meaningful conversations about your life journey and aspirations.

Remember that discovering your life direction is a continuous process, and you have the power to shape your path.

**Today is the Day!**

**Be Present ... Take Action ...Be Exceptional!**

Exceptional Life Coaching