

# The 3 Most Important Questions worksheet

Growing or developing ourselves and contributing to society are essential parts of our spiritual needs. And acting on those needs is the surest way to find fulfillment.

These are two of the three main categories or 'buckets' you can divide our lives into experiences, growth, and contribution.

**The three most important questions you can ask yourself are:**

1. What do you want to **Experience** in life?
2. How do you want to **Grow and Develop** yourself?
3. How do you want to **Contribute** to the world?

Answering these questions will give you a blueprint into your soul and help you discover what it takes for you to know you truly lived life.

**Take no more than 90 seconds to answer each of these questions.**

The point is not to overthink it but to let the answers flow through you. This is how you will hear the answers that instantly come to you, straight from your heart.

Keep on writing for the full 90 seconds, and do not stop. At some point, your critical mind shuts off, and you start writing what matters.

And remember, there are no right or wrong answers here. This is about discovering what makes your soul shine and makes your life a wonderful experience.

**Dare to dream big.**

## 1. What do you want to Experience?

Write down everything that you could dream of doing or having that would make you feel happy:

- Think about any experience that you wish to have in this lifetime.
- Consider your love life, your relationships, and your sexuality.
- Think about what experiences you'd like to have with your friends and family.
- What would you like your social life to look like?
- Assume you have unlimited access to funds. What type of car would you want to drive?
- What type of home would you want to live in? Are there any other things you dream of having in your life?
- What places do you want to travel to?
- What activities, hobbies, or sports would you love to explore?

## 2. How do you want to Grow and Develop?

Jot down anything you'd like to develop in your life:

- How would you like to develop yourself? Think about your intellectual life, for instance.
- What skills would you like to obtain?
- How do you want to deal with stressful events in your life?
- What languages would you want to master?
- What character traits do you admire in others, and which would you like to master?
- How do you want to show up in social situations?
- What are your health and fitness goals?
- How long would you like to live?
- How would you like to feel, and what would you like to be able to do in your old age?
- Is there a particular aspect of your spiritual life that you'd like to dive deeper into?

### **3. How do you want to Contribute?**

No matter how difficult your life might be now, giving back is one of the surest ways to happiness.

So lastly, think about all the various ways you want to contribute to the world. No matter how big or small your ideas, write down everything that comes to you:

- How could you contribute to your family, friends, society, city, or even the entire planet?
- What will be your legacy?
- How will you make the world a slightly better place?
- Which problem would you like to solve for the planet and humanity?
- It could be volunteering or giving your time to specific people. It could be a particular work you'd like to create. Anything you can think of that would benefit others and our world.