

So Many Questions

One of the most powerful tools individuals have at their disposal for discerning their vocation(s) are questions. A simple question has the ability to alter one's frame of thinking and send them on a journey of deep reflection and self-discovery. Below are a list of vocation questions individuals can reflect on individually or in the company of others. These questions can help one uncover individual passions, skills, interests, and values as a way of better understanding themselves and finding meaning and purpose in their lives. Feel free to modify and/or change the questions to fit your needs and by no means is this list exhaustive.

1. What subject can you speak about because you have lived it yourself?
2. What is the most prominent affirmation or work tacked up in your house?
3. When visiting a book store, what section of the bookstore do you always go to first? Why?
4. Imagine standing at a crossroads and two signs point in the opposite direction. What do the signs say?
5. What problem(s) were you born to understand?
6. To the degree that you are searching for themes in your life, what events dominate your memory?
7. If somebody had told me that one day I would be _____, I would have said they were crazy.
8. Is there something right now pushing or pulling you toward an unexpected area, but it doesn't feel right?
9. If you were granted the opportunity to have 2 mentors (dead or alive), who would they be and why?
10. You're going to a Halloween party. What or who do you really want to go dressed as and why?
11. What have people been telling you all your life (one positive/one negative)?
12. Name a decision that needs to be made in your life right now. How might that impact you and your future?
13. If you were going to turn up the volume (productivity/creativity) on your work right now, what would that look like?
14. If you could not fail, what would you undertake right now?
15. If you were granted one hour of primetime international television, what would you talk about?
16. What do you consider yourself to be an expert in?
17. What's the most important thing missing from your life right now?
18. Do you have a favorite fairy tale, myth, story, or movie that speaks to you? What is it and why does it speak to you?
19. What have you rejected/avoided that follows you around?
20. What pattern in your own life are you sick of? What pattern in your own life are you proud of?
21. How is your soul today? How do you want it to feel tomorrow?
22. Do you have a sneaking suspicion that some reoccurring symptom in your body might be holding you back from something? Yes or no? Write down some reoccurring symptoms in your body and give them a voice. What are they saying?
23. What is the unfulfilled dream or calling of your mother or father that they did not respond to? What influences did this have on your life (pros and cons)?
24. Is there an example that your parents set that you feel you have to live up to? What is the example?
25. Name three people you know intimately. Ask them what they think your calling, passion, or direction is.
26. Imagine walking at sunset and you are holding hands with an angel. The angel asks, "What did you like best about your life?"
27. If you were not worried about the consequences, what would you introduce in your life for gain?
28. What's the most consistent message you have been hearing in your life over the past year?
29. What fuels your fire? What diminishes it?
30. What's your origin story?
31. What were some of the things you dreamt of doing when you were a kid?
32. Consider the joys in life (family, friends, hobbies, vacations, giving back, etc.). What joys are most important to you and crucial for you to have in your life?
33. What would you do if you won the lottery?
34. Where would you work for a dollar a day?
35. Describe a time when someone asked you for help and you enjoyed the experience of assisting them.
36. What topic gets you fired up in a discussion?
37. What is something you enjoy doing where you totally lose track of time?
38. What makes you forget to eat?
39. What is true about yourself today that would make your eight-year-old self cry?
40. How can you better embarrass yourself?
41. If you had to leave the house all day, every day, where would you go and what would you do?
42. Name a time when you loved what you were working on and felt proud of the finished product.
43. If you could snap your fingers and fix any problem (big or small), what would it be?
44. Write a poem about where you're at right now. Write a poem about where you want to go.
45. A family is currently watching your life as a movie. Is what they are watching worthwhile? Why or why not?