

**How to Unlock the Power of Your Beautiful Authentic Self.
Module 5. Lesson 37.
7 More Questions to Reveal Your Life Purpose.**

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In previous lessons, we went over some questions that may help you find your life purpose and tried out some strategies that may help, including journaling and meditating.

If the previous approaches haven't satisfied your quest, there are additional questions you can answer. ***While meditation and writing can be highly effective, some of us have greater success with more conventional means.*** Avoid giving up. There's too much at stake to stop.

Spend a few minutes on each question before moving on to the next:

1. **What are your greatest regrets?** Which missed opportunities do you regret the most? Is there a skill you wish you had started learning years ago? What decisions would you change if given a second chance?
 - What career would choose if you could go back in time and be 18-years old again? Is it really too late now?
2. **Who inspires you the most?** Think about the people that fill you with feelings of respect and admiration.
 - What is it about them that inspires you? Could you incorporate some of these same qualities in yourself? Could you live a similar life?
3. **What are your natural talents?** In what areas have you always excelled? Do you understand complex ideas? Is it your social skills? Are you musically talented? Are you compassionate and considerate?
 - ***While you can learn to be good at anything, you can save a lot of time if you're able to put your natural abilities to work.*** Imagine the progress you'd make after 10 years of effort using your natural abilities rather than starting from scratch.

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- If you believe that you were born with a particular purpose, it only makes sense that the necessary talents would be provided to you, too.
- 4. **What makes you feel good about yourself?** If you could spend most of your time doing things that make you feel great, your life would be pretty wonderful!
 - Create a list of all the things you do that make you feel good about yourself.
- 5. **If you had to teach a subject, what would you choose?** It's only enjoyable to teach subjects that you like. The subject you'd like to teach is a good candidate for your life purpose.
- 6. **In what areas do people ask you for help?** Most of us wouldn't ask a homeless person for stock tips. We ask people for advice that we believe have a level of expertise higher than our own.
 - Do others constantly ask you for relationship advice?
 - Do people ask you about spiritual matters?
- 7. **Imagine you're 80-years old, what memories do you want to have?** Imagine you're sitting on your front porch swing. What would you like to claim as your past? What type of relationships would you like to have experienced? What do you want to have accomplished?
 - ***How can you make this ideal past become your present?***

You now have a good idea of your life purpose. The next step, which you'll find in the next lesson, is determining how to incorporate the knowledge into your life.

Here's what you need to do today:

Answer the questions from this lesson in your journal. To get started, the first question is, "*What are your greatest regrets?*"