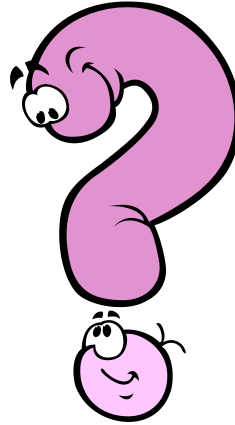


20 Questions



**Exercise to help you recognize
your personal values and goals**

in order to

**Develop a Personal Mission
Statement for your Life.**

- 1. Do you want to live to be 100?**
- 2. What has happened to your life in the past year or two?**
- 3. What do you like most about your job?**
- 4. What do you like least about your job?**
- 5. List your favorite animal and why**
- 6. List your favorite color and why**
- 7. List your favorite form of water and why**
- 8. How would you feel placed in a totally white room with only one door? What would you do?**
- 9. Would you do a favor for a friend if you did not want to do it?**
- 10. If you had only 6 months to live what would you say to others who also only had 6 months to live?**

- 11. Write yourself a suicide note; then a love note.**
- 12. Write your life as a fairy tale - pure fantasy.**
- 13. What needs to happen to me to make me feel my life is complete?**
- 14. What do I need to forgive myself for?**
- 15. If God told you to be happy for the rest of your life, what would you do?**
- 16. Is life fair?**
- 17. Why are you different?**
- 18. What is your motto in life?**
- 19. What is your single worst quality that you want to change?**
- 20. What is your single best quality that you want to build on?**