



Purpose Living.... How to create a meaningful life!

Find a quiet place with a cup of your favorite beverage. Write your thoughts in a journal or ponder and reflect on your answers to the questions throughout your day.

1. What are you most grateful for today? What are you least thankful for today?
2. What is one thing you would do today if you knew you couldn't fail?
3. When was a time when you felt alive, confident, and loving your life? What times in your life would you repeat?
4. When in your life have you been so absorbed in something you lost track of time?
5. What makes you angry enough that you can lose sleep?
6. If you had enough time and money to do anything, what would you do, and what would your life look like?
7. If you asked your best friend to tell you what they like about you, what would they say?
8. When, and around who, do you feel fully alive?
9. What movie, story, readings, or humanitarian projects move you?
10. If you had only one year to live, what would you do?



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