

Life-path/Career-path Exercise

1. Identify the most significant people and events of your life. Which people and what events have had the most impact on you? Why?
2. Identify the most significant accomplishments of your life. Which accomplishments give you the most pride and satisfaction? Why are they important to you?
3. What are your goals and aspirations for the years ahead? Short-term? Long-term?
4. What common threads run through the significant people/events, your accomplishments, and your aspirations? How do all of these connect? Might there be a reason you've been placed on the planet? Why now? To do what?