



PONDERING MY LIFE - REFLECTION

Pondering your life? Wondering what will make you happy? Here are some reflection questions that can help you look for the clues as you navigate your career and life.

Grab a notebook, talk with a friend, mull it over while waiting for the bus.... whatever works best for you, allow yourself time to reflect and pay attention to what matters to you.

What drives your curiosity and makes you want to learn or do more?

Consider an accomplishment you are especially proud of. What skills, abilities, or characteristics did you use to make it happen?

What types of people bring out the best in you? What characteristics do they bring out? Where do you find these people in your life?

Consider a “lucky break” or “happy coincidence” in your life. How did this moment open doors for you? Was there something you did to help create this serendipitous moment?

In the past weeks or months, what experiences brought out the most energy and enthusiasm in you? Describe the situation(s). What qualities were brought out in you?

In the past weeks or months, what experiences were especially draining? Describe the situation(s)? What aspects of the situation(s) drew energy away from you?





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When you consider tasks/projects you especially enjoyed working on, what talents, abilities, or characteristics do you notice most in yourself? Are there clues from your childhood that reveal these talents?

What skills/abilities do you have now that you didn't have a year ago? 3 years ago? How did you develop them?

What tasks do you think you could do well that you haven't done yet?

If you were 10x braver than you are now, what would you be doing different?

Imagine and Visualize! If you had a magic wand and could create your ideal work week... what would that look like?

What tasks are you doing? What strengths are you using?

Who are you with? What is the work environment like?

What kind of impact are you making? What problems are you solving?

(don't worry about an actual job title, just the elements that would be great for you!).

What is your favourite quote or motto or saying?

How does your favourite quote/motto/saying relate to your current concern/question about your future?
What message is it giving you?



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