



Finding Your Direction

Use these questions to reflect on what gives you true direction in life. Take your time and be honest - your answers are your compass.

1. What are three core values that guide your decisions?

2. Who or what reminds you of your bigger purpose when you feel lost?

3. Describe a time when you felt truly 'on track' in life. What were you doing?

4. How has your sense of direction changed as you have grown older?

5. What small daily actions help you stay aligned with your purpose?