



22 Questions

Find your inspiration
and passion.



Find your inspiration and passion - 22 Questions

Hey!

In fact, it's only you who can find out about who you really are, and what is really important to you. Including your dreams, your passions and your hidden unique qualities and abilities.

But, it's not always easy to find this passion, or to know our self even. So in that way, others may get you to think and trigger your thoughts. And this starts a process.

In this PDF fillable/writable document, you will get 22 questions.

It's 22 questions that will guide you to a more clear understanding of these subjects in your life. If you are one of many who now urges for change, a shift in your reality and to fulfill your true self and your dreams, the questions will help you.

**This will be your starting point for setting clear goals
towards what you want!**

Find a place, alone. Find peace, and flightmode digital gadgets so your brain can focus and come up with ideas and answers. Spend hours, not minutes on this. Do it in sessions of you feel like.

I recommend you print this document, but I have also made it editable as a form. Just write in the boxes, in your browser.



1. What makes you most happy in your life?

2. Think of people around you, what do they thank you for?

3. What are you shitty good at!?!...list some qualities you have

4. Who do you look up to. Any mentors or inspiring people. And why?



5. You remember last time you really gave a lot on a job or task you had? What made you do this at that time?

6. You remember the last time you really where in “the-flow”, maybe almost lost time and space. You where totally focused into it. Why?

7. So, what would you like to do, if you knew it could’nt go wrong?



8. If you could have exactly what you wanted in life, what would it be?

9. What subject or idea do you always defend or talk about? What do you believe strongly in?

10. What do you think of the situation on this planet? What do you dislike, and what would you do to fix this?

11. Is there something you really like helping other people with? Or what is it that you typically help others with?



12. What kind of books do you read, and why? or a magazine...

13. When where the last time you could'nt sleep, because you where fired up by something you wanted to do or work on?

14. If you knew that what you are really good at could also make you money, what would that be?

15. In about 100 years, if you could listen to what people are saying about what or how you where, what should that be?



16. What do you really want to be remembered as? What impact on the world should you be remembered for?

17. What did your friends or family always tell you, you were good at and should work with? (ask 5 friends if you have to)

18. What subjects, ideas or other stuff are you naturally curious about?

19. You get one hour to spend searching on the Internet for what you find useful. What would that be?



20. So let's say you're going to write a book that would really help people, and the world. What would it be about? And the title?

21. What career or dream-job are you fantasizing about? (Yeah, be a dreamer now, a little crazy!)

22. What would your best tip or advice be, to give me. Based on your life experience?



For many people, the worst thing in life is not really knowing who you are, what the purpose of life is or whatever passion or goals you should have.

Of course, for younger people, this is not something they know to much about. And that's a natural process. But some do have clear set dreams and goals in mind. They just know. Almost like having a ready made map in your mind.

This is possible for you also. And by searching and defining some important aspects of your self using smart methods, new visions and solutions starts to emerge.

I have had to do this many times. It gives a restart feeling and a nice overview of where to go. And that keeps me on track. MY mentors have really helped me there.

When you have answered the 22 questions in this document, you WILL know more of what is right for you. But sometimes, you should let other people have a look at it also. And now starts the fun part!

Choosing your dreams and goals, and make a plan...

How fast do you wanna go? And how can we do this?

Send me an e-mail. If you want, we can start on your new mind expanding journey together. OR...

Of you want more speedy progress, find you best time and book a call.

[Your Coaching Call: Book Now](#)

www.motion-effect.no/booking

Namaste,
Johnny