

Meaning of Life



the Questionnaire

There is a saying, “We can live to the extent that we realize we will die.” Our time on this planet is limited. We must have the courage to do what is important, to be who we innately are, and resist succumbing to the pressures of family and society. It is important to check-in with ourselves and ask ourselves the “big questions” in order to live a life of authenticity. There is no one else on the planet ever, that has your unique gifts/talents and experiences! Like the uniquely intricate design of a snowflake, there is only ONE of each of us. So why are you here? Answer these questions as honestly and as detailed as you can. This is not a place for judgment—there are no right answers. The point of this exercise is honest spiritual inquiry and to create a space for self-exploration. If you don’t have an answer to a question, that is OK too, the questions are designed to start the process.

(Any time you see God you can replace it with Source Energy, Goddess, Higher Self, Wise Mind, Mother Nature/Father Sky, Higher Power, The Great Hum, LOVE, Universal life force, or whatever works for you!)

1 ➡ What were the beliefs/values/messages you received about God/Religion/Spirituality growing up? Was the idea of Soul ever mentioned? If so, what was your understanding of what the Soul is?

2 ➡ What did you like or dislike about the belief system (or lack thereof) you were raised with?

3 ➡ What is your spirituality like now? Do you have a relationship with the Divine in some form? Would you like one? What are your hopes or fears about a relationship with your Soul?

4 ➡ Why do you think you are here on this planet now? Why is your consciousness locked into your body? What is your understanding of why you not someone/something else? (For example the person sitting next to you, an animal outside). Do you have any intuitions about what are you here to do with your unique body/talents/experiences on this planet?

5 ➡ Where do you think you go, or what do you think will happen to you after you die? What are your feelings towards death? (Scared, excited, relieved, regretful...)

6 ➡ What is the point of prayer? Is there one? Do you pray? If yes, how do you do this and how do you feel after? Would you like to change anything about the way you pray?

7 ➡ If you had one month to live, what would you do? How would you spend your time?

8 ➡ What do you want to do/accomplish before you die? Are you ready to die now? Is there anything you would want to do or need to do before you are gone from the planet?

9 ➡ What legacy will you leave behind? What will your family and friends say about you? How will you be remembered? Would you like to change anything about this? How would you want them to remember you?