



ENLIGHTEN EXERCISE #1

Who Am I?

Complete the following intrapersonal questions, designed to answer the question, "Who am I?"

1. What physical or cognitive limitations might affect my ability to pursue my passions?
2. What limitations might affect my ability to manage my career?
3. What do I care deeply about?
4. What is my complete potential that allows me to be creative in all parts of life?
5. What are the elements that allow me to be fully creative in all parts of life?

6. What motivates and guides me through life?

7. What is my calling in life? Have I listened for it?

8. What am I meant to be doing in life?

9. What activities would give me a driving sense of purpose?

10. What am I doing that makes a difference to me?

11. What builds meaning and satisfaction for me?

12. When I look back, what impact do I want to have made on the world?