

## LIFE QUESTIONNAIRE

- 1) If I died tomorrow what would I be sorry I hadn't done?
- 2) What do I enjoy doing? (spiritual or abstract will be tolerated but try to come up with something more physical.)
- 3) Am I getting that enjoyment often? Regularly?
- 4) What do I feel guilty over in my daily life?
- 5) What do I *need* to spend more time on? (Spiritually and non-spiritually.)
- 6) What do I *want* to spend more time on? (Spiritually and non-spiritually.)
- 7) What areas do I see in my life that I need to change? (for example, procrastination, perfection, intolerance)
- 8) What are five dreams I would fulfill if it were possible? (without considering cost or training, just for the fun of it.)
- 9) How do I rate my satisfaction with my life now?
- 10) What keeps that from being a 10?

11) What do I want/enjoy right now out of a spiritual life? (We all go through seasons of needing different things, or times when God puts a particular aspect of Himself on our hearts.) Be specific. (For example: more Father love, revelations/insights, acceptance, intimacy, spiritual understanding, chance to teach/preach/minister/pray for others, etc.)

12) If I rewarded myself with something "special," a physical treat, what would it be?