

4a. DISCOVERY

Now close your eyes and let's clear your mind. Breathe slow and deep for a few minutes, seeing your belly raising and falling. Be free of thoughts and judgment. See them come and go just like the clouds in a light breeze. Meditate and clear your mind. Allow yourself to completely relax – this is going to be fun.

Please write your responses to the following questions in the blank spaces.

a. Discovery

What toys and games did you like to play with when you were a child?

What subjects did you like in middle school?

What subjects did you like in high school?

What subjects did you like in college?

Throughout your education so far, in what topics did you score the highest grades?

Comparing all of your jobs, what was or is your best job, and why?

Throughout your career, what work related activities made “time fly” and what activities made “time stand still”?

In what type of work activities are you better than your colleagues?

What are your talents and strengths?

What are your hobbies and why do you enjoy them?

What core values do you hold dear to your identity?

What occupation did you intend to pursue when you graduated from high school and why?

What did you envision your dream job to be on the day you graduated from college and why?

What would you choose to do if you knew you could not fail and why?