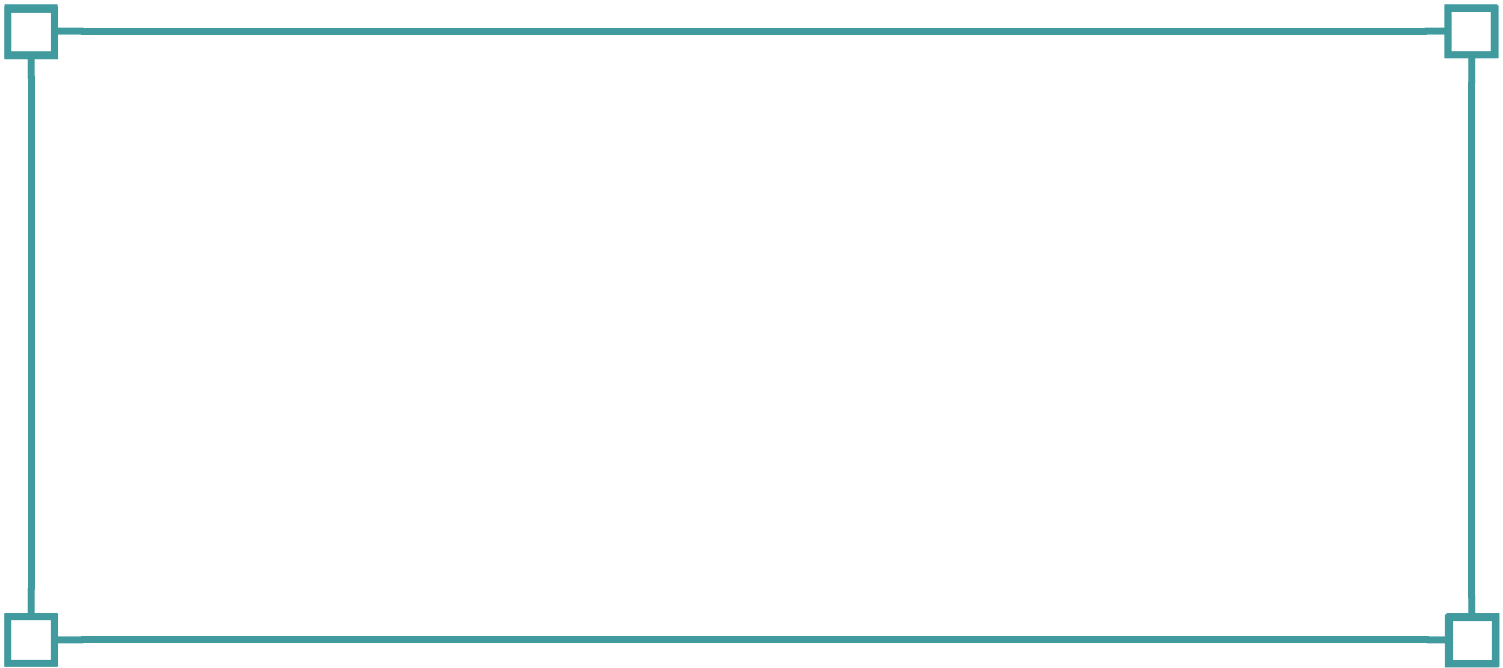


What Matters to You - Worksheet

A few questions from 'Avril Fortuin Consulting' to help you to figure out what is your BIG dream.

1. Think about your PAST

- What were your past joys and successes?
- Can you remember any specific childhood desires or unfulfilled hopes?
- What things were you good at doing when you were a kid? What exactly did you enjoy about doing those things?
- What specific experiences (good or bad) left their mark on you?
- When you daydreamed, what did you imagine yourself doing or becoming?
- What did you answer when asked what you wanted to do with your life?



2. Think about your PRESENT

- What is your situation like right now and how do you feel about it?
- How would your friends describe you?
- How much change can you handle right now?
- What is your physical and mental health like right now?
- What do people ask you to help them with?
- What do you love to spend time on whenever you're free? What do you enjoy about this activity/thing?
- Could you imagine doing that thing every day?



Worksheet Page 2

Think about your PRESENT continued

3. Think about your FUTURE

- What do you hope to be doing in 5 years time?
- What do you want to do in the next phase of your life? Why?
- If you could help someone with anything - what would it be?
- What would you tell your future self, and why?
- What have you always dreamed of doing, but have never tried?

- Reflect on your words for a few weeks.
- Look for the patterns in what you have written.
- Notice what makes your heart sing.
- Know yourself and be open to learn more.
- Get ready to make a well-informed decision.

