

Title: 50 questions to help you to focus on genuinely improving your life!



# Questionnaire

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genuinely improving your life!



Filip De Pessemier

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This list of questions is originally developed to serve as a guideline for my Life Improvement Boot Camp clients. If you got this through another source and you are not yet a member, I urge you to enroll now for free on our website, and benefit immediately of all available free information.

[www.lifeimprovementbootcamp.com](http://www.lifeimprovementbootcamp.com)

Life Improvement Boot Camp is created to help people genuinely improve their life. The topics handled are distilled from questions and experiences I encountered in my personal coaching and organizational consultant business. I love to help people to become more confident, to get a better job, communicate better, to handle things differently, to become happier, feeling more secure, become more focused clearly seeing the end goal, feeling less stressed and generally more comfortable,

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Let's get straight into it! If you want to improve your life, then you MUST spend some time deciding what you want to do with your life, identify what changes in your current activities would result in living a better, improved life and then make the effort to live that life with passion.

You decide! Take action!

It is indeed entirely up to you! No-one else is going to do it for you. So, take some time out from your busy day-to-day routine, and consider the following questions. It is not mandatory to answer them all. I would suggest to first read through them all one by one. That will trigger the flowing of your brain juice. Then read them a second time, ponder these questions for a while. Then pick out one that you can really relate to, and ask yourself the question over and over and over, until you have an answer. I left some space between the questions, please print them out and write your brain dump down. Do not just answer the questions in your head, just heaving a dialog with yourself. Write it down, you will see, later on, looking back on your writing you will be able to further drill down to the specifics, your mind will go on, where you left of, giving you much clearer pictures, it might even create a short clip or a whole movie where you can see your life improvement goals on a big theater screen.

Answers.

The answers are within. If you ask, you will receive your answer. Sometimes the answer does not come immediately, but trust me, give it some time, remind yourself that you have to answer that question and at some point, during the day or night your mind will provide the answer.

You can live a life of purpose. You can live a life of passion and success! Ask, until you get your answer. And then take massive action. It is worth it, I promise.

Have a conscious day;

Filip

## Questionnaire

1. 1.What is my life's purpose?
2. If I had to take a best guess at my life's' purpose, what would it be?
3. Who am I?
4. What is the most important thing in my life?
5. What do I love to do, more than anything else?
6. If I had only six months left to live, what would I like to achieve?
7. What would I like to leave the world, as my legacy?
8. What would I do with my life, if I knew I could not fail?
9. If money, or time, or current responsibilities were not an issue, what would I like to do with my life, more than anything else in the world?

10. What activities have I discovered that give me the most pleasure?

11. What do I still want to learn?

12. When I was a child, what did I dream of doing with my life?

13. What has been the greatest challenge that I have overcome so far in my life? Could I help other people to overcome that same challenge?

14. What challenge would I love to overcome, and then help others achieve the same?

15. Who are the people I most admire?

16. Why do I admire these people?

17. How would I define their life's purpose?

18. What qualities do these people possess that I'd also like to be known for?

19. What is the biggest dream I have ever had for my life?

20.What subjects did I enjoy most in school?

21.What sport have I most enjoyed?

22.What art or craft have I most enjoyed?

23.What social activity have I most enjoyed?

24.What hobbies have I pursued?

25.What hobbies do I wish I had pursued?

26.What would I like to do, if only other people did not think it was silly?

27.Where in the world would I most like to live?

28.Who would I like to live there with?

29.Where in the world would I like to work?



30. Who would I most like to work with?

31. What would my perfect day be like?

32. Is there a spiritual side to me, waiting to be unleashed?

33. What would I like to do, RIGHT NOW, which would bring me the most happiness or pleasure?

34. What special gift do I have that I could give to the world?

35. What makes me cry with joy, or brings tears to my eyes?

36. What would I like to do this weekend, just for fun?

37. If I could be granted the power to change the world, what would I do?

38. If I were given three wishes, what would they be?

39. What is something that scares me a bit, but would be really exciting if I did it?

40.What does my heart say I am to do with my life?

41.What qualities do I possess that I am really proud of?

42.What have I done in my life that I am really proud of?

43.If I had time available to contribute to a charity, or some cause, what  
would it be?

44.What am I usually doing when I suddenly realize that time has flown by,  
and all my focus has been on that one task?

45.What do I want to do on my next vacation?

46.Who in history would I most love to be, and why?

47.What do I most regret not doing, so far in my life?

48.At the end of my life, what would I most regret not having done?

49.What is my life's purpose?

50.If I had to take a best guess at my life's purpose, and just get started with something that excites me, what would it be?

The answers are within. If you ask, you will receive your answer. Sometimes the answer does not come immediately, but trust me, give it some time, remind yourself that you have to answer that question and at some point, during the day or night your mind will provide the answer.

P.S. only read the following page when you have done the answering the questions and satisfied with the answers.

**I said: when you have finished answering the questions!!!!**

The attentive reader would have noticed that question 49 & 50 are the same then 1 & 2. That is because I can not emphasize enough: you can live a life of purpose. You can live a life of passion and success! The more you know your purpose, the better you will be able to plan the next steps, to adapt your behavior to improve your life.

**Ask, until you get your answer, and then take massive action. It is worth it, I promise.**

That's it for now or I will start repeating myself ;-)

Have a conscious day;

Filip

Remember to register for free membership at  
[www.lifeimprovementbootcamp.com](http://www.lifeimprovementbootcamp.com)