

Handout G | Journaling Questions

from *Healing the Purpose of Your Life* by Dennis Linn, Sheila Fabricant Linn, and Matthew Linn

- When in your life have you been so absorbed in something that time flew by? For example, as a child what were you doing when you were called for dinner and came in late?
- What are you most grateful for today? When are you least grateful for? If you were to ask yourself these questions every day, what pattern would you see?
- When have you felt most alive, especially in your body? What were the times of most life that you would like to repeat?
- What would you do if you had time and money to do anything?
- What is the wildest thing you have done in your life that turned out better than you ever imagined? If you were assured of not failing, what is the wildest thing you can imagine doing now?
- Who is the person you most wanted to grow up to be like? Whom do you most want to be like today? Conversely, is there anyone you would like to mentor?
- What movies or stories have moved you most?
- What do your best friends say they like about you? What do they see as your unique way of giving love?
- What is your special way of receiving love?
- What is it that you have to do-- that you can't not do?
- If you had only one year to live, what would you do?