**Career Coaching – Step I – Finding your “WHY” Inward Discovery Questions**

## Instructions:

##  Below are 10 thoughtful questions designed to stimulate your thinking and help you look for threads and patterns that run throughout our life. These threads will point to what inspires and motivates you in possible careers and/or qualities to build into your work life.

## Listen to your favorite playlist. It is very helpful to take quiet time to enjoy composing your responses to these questions and to answer each question as clearly and thoughtfully as possible, expressing your best and most honest response. Listen to your inner voice or intuition.

## A few words or sentences can be enough, but often the “gems” are found in the detail. Just as we think we’ve written down everything, a great new idea pops up. So be as thorough as you can.

1. As a child, teenager, young adult what were you **naturally** good at? Today? What are you good at?
2. What are 3 things you could talk about all day? What fascinates you? How have these interests changed over time?
3. Think of all the people in your life: family, friends, coworkers, and others in your environment. In general, what do they come to you for? What effect do you feel you have on them?
4. Which responsibilities/functions in your current/previous work do/did you enjoy the most? Why?
5. Which responsibilities/functions in your current/previous work do/did you NOT enjoy the most? Why?
6. What are the times when you’ve felt your life/professional career has had the most meaning?
7. What problem would you like to solve through your work? How would you like to make an impact?
8. What are 5 jobs, businesses, and/or ways to earn a living that you would be interested in pursuing as you start/continue your professional career?
9. Is there any person, company, organization whose mission or vision inspires you?
10. What is holding you back from taking the next step in your career?