



LOVE YOUR MONDAYS
C O A C H I N G
Reclaiming Your Career

What Would You Love to Do Questionnaire

1. What am I doing when time seems to disappear while I'm doing it?
2. What am I doing when I feel excited, inspired, and fulfilled?
3. Is there another career that I've always wanted to try? If so, why? What about it appeals to me?
4. Is there a social issue such as poverty, health, financial well-being, politics, that draws me to it? Do I have a desire to be of service in any such area?
5. What do others say are my 5 top talents?
6. What am I here to give?
7. What would make me crawl into bed at night feeling as if I had experienced a day well lived to?
8. What is in my heart that needs expression? Is there something I have been holding back, denying, or ignoring?
9. Is there any aspect of my current employment that I love? For example, if you are an attorney, you might love the research aspect of the field but not taking a deposition or going to court.
10. What is missing from my professional life?