



The journey to self-discovery

1. What activities do you enjoy expressing the most?

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2. What comes easily to you?

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3. What did you enjoy doing as a kid?

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4. When was the last time you were truly happy and content with life?

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5. What makes you really feel alive?

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6. When do you feel that you get into the flow state?

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7. What are your talents and natural skills (predispositions)?

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8. What are your personal limitations?

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