

# The Power of Reflection:

## 25 Questions to Find Your True North

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### *Questions About Self & Identity*

1. Who am I beyond my roles as parent, spouse, or caregiver?
2. What parts of myself have I neglected that I'd like to nurture now?
3. What values are most important to me at this stage of life?
4. How do I want to feel most days?
5. What accomplishments am I most proud of?

### *Questions About Purpose & Passion*

6. What activities make me lose track of time?
7. What am I naturally drawn to, even if I haven't pursued it?
8. What would I do if I knew I could not fail?
9. When do I feel most alive and energized?
10. What projects or goals excite me enough to commit time and energy?

### *Questions About Relationships & Connection*

11. Who brings positivity and growth into my life?
12. Are there relationships I need to nurture or let go of?
13. How do I want to contribute to the lives of others?
14. Who inspires me and why?
15. How can I create more meaningful connections daily?

### *Questions About Legacy & Contribution*

16. What kind of impact do I want to leave behind?
17. How do I want to be remembered by family, friends, or colleagues?
18. What lessons from my life can I share with others?
19. Are there ways I can volunteer or mentor that feel meaningful?
20. How can I turn my experiences into inspiration or guidance for others?

### *Questions About Joy & Fulfillment*

21. What simple pleasures bring me joy each day?
22. How do I want to celebrate milestones, big or small?
23. What fears are holding me back from living fully?
24. How can I honor myself and my needs more consistently?
25. What would a truly fulfilling life look like for me right now?