



**Kerry Jones**

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Who am I & what I'd really love to do with my life...

Just jot as quickly as you can without overthinking

What would having purpose mean to me?

Any ideas on what my purpose might be? What field/area possibly?

What have others said it might be?

What do I do that others compliment me on?

What's important to me/what topics of conversation energise me?

What have I seen others do that I wish I could do?

Who inspires me & why?

What books/movies etc have moved me & why?

What was I proud of doing in the last year?

What's the most significant (to me) highlight/achievement of my life?

What was I doing when I was happiest/most fulfilled in my life?

What do I feel are my 3 greatest assets/strengths?

- 1.
- 2
- 3.

What do I feel are my 3 greatest challenges/blocks?

- 1.
- 2
- 3.

What activities allow me to lose track of time?

What incident/s made me feel like I was in the sweet spot/the zone & why?

What do I feel is missing in my life that I'd like to add & why?

If I knew success was guaranteed, what venture would I start?

What amount of money or circumstances would give me the freedom to do whatever I wanted?

What 3-5 things would I do within the 1<sup>st</sup> 3months of receiving that amount of money?

- 1.
- 2.
- 3.
- 4.
- 5.

Describe the components of your ideal *daily* day – imagine each element from awakening...use your senses.