

It's About Time: Manage Your Energy / Manage Your Life

TRANSITIONS

PERSONAL PROFILE QUESTIONS

(These questions are just ideas to get started. Tailor questions to fit individuals. No order Intended. Make note about "Dislikes, Challenges, Concerns" as they are expressed. Messy is OK @!)

PASSIONS: What are some sorts of things you love doing – or have loved doing in the past?

ROLES: How do you spend your time? Do you work outside of the home? What about hobbies and family roles?

Are you licensed, bonded, or otherwise certificated in any specific area(s)?

TALENTS: What kinds of things do other people think you are good at? What do you think you are good at? What would you like to be better at? 😊

SUPPORT: What sort of support system do you have (financially as well as physically and emotionally)? Do you need to work or are you free to volunteer your time?

PURPOSE: What motivates you? What thought have you given to your driving purpose in life? What are you passionate about?