

*Gregg Levoy has taken his own highly original idea and put it to practical use. His book, *Callings: Living the Authentic Life*, combines psychology and spirituality to help people decide what they really want to do in life, how they would like to treat others, and how not being true to oneself can be damaging to one's mental and physical health. The questions that follow are used with explicit permission from Gregg Levoy.*

A total of 27 questions follow. *By design, one question appears on each page to facilitate your focus on that single question. Allow each question to freshly greet you and captivate you for at least 5 minutes.* Deeper meaning will often surface after initial thoughts and feelings are written down and out of the way. Refrain from reading ahead! Allow spaciousness and time for inner unfolding. You may wish to plan to spend several sessions on this exercise.

If a question doesn't make sense or doesn't resonate, skip it and move to the next question – just make sure you're not resisting the question!

You may choose to use a hardcopy or electronic version of this document. Instructions for electronic document users: When you finish writing your reply to a question, delete the blank lines that follow until the next question appears.

Contact your coach for the steps that follow this initial exploration.

Enjoy the journey!

1. From the perspective of having just 'passed over' or 'passed on,' what did you like best about your life?

2. What is your favorite wisdom quote? (Hint: It may be taped to your bathroom mirror, or your computer or your car bumper.)

3. What problem is it that you were born to understand?

4. Name a subject in which you are a genuine authority.

5. When you go to the bookstore (or shop online), which section do you go to first? Or, in which section do you spend the most time when you are browsing at the bookstore?

6. Imagine that you are standing at the crossroads in your life right now... What are the words written below the arrows on the two signs?

7. *Invite a meditative moment*, think about a peak experience, a true highlight in your life. Think about it in detail, and then write a list of the “ingredients” of the experience.

For example, it occurred:

- In nature, in a city
- During the day, night
- With people, alone, etc.



8. Think of the 'choice points' in your life and indicate the road that wasn't taken. For example:

- Did you have a choice of majors?
- Did you have a choice of jobs?

9. Answer the second of these questions after considering the first question:
- What's right for me?
  - Where am I willing to be led?

10. Starting life is like being given a deck of cards, and in every deck of cards, there is a wild card... Where would that wild card lead you?

11. What is it that your family *wouldn't* want you to do with your life?

12. Are you living life waiting for an 'unshakeable vision' (like 12 doves flying overhead in the formation of a cross), OR do you act (on faith) without an unshakeable vision?

13. You've just been invited to a Halloween party; who/what do you really want to come dressed as?

14. What decision are you waiting for resolution?

15. What have people been telling you your whole life about yourself? Name at least one positive and one negative aspect.



16. If you were invited to speak for one hour on prime-time television, what would you talk about?

17. Just 'Go for it!' What does that mean to you?

18. Assume that you have discretionary income, indicate several ways that you would spend it.

19. What is something important that is missing from your life now?

20. What act or action would introduce chaos into your life? (Let's remember that in the world of biological science, immunization introduces chaos into an organization.)

21. What have you rejected that is determined to claim you?

22. What patterns in your life are you sick of? What patterns in your life are you willing to change? What patterns in your life do you want to change?

23. What recurring physical symptoms do you have, and when given a voice, what would these symptoms say to you? (Note: For further reading, Arnie Mendel, in The Process of Psychology, talks about the significance of recurring physical symptoms.)



24. Unbeknownst to many of us, a powerful force in our life is the unanswered dreams of our parents (sometimes passed down for us to remedy...). If you know, please indicate the dream of each of your parents, and the influence it has had on your life. (We cannot redeem the failure of our parents.)

25. List the names of three people who know you intimately. Indicate what each of these people would say when you ask them, "What do you think is my real gift, my passion, my calling?"

26. What is it that you want to accomplish before your expiration date? (Thomas Moore, author of Soul Mates, said that when considering the most important decisions and priorities in your life, it is valuable to consult your death regarding your life callings and passions. We all have an expiration date!)

27. What is the most consistent message you have heard internally regarding your work and your talents?

Skim through your responses and either circle words or list the areas in which there are the most concentrations of energy.