



# Vocation: Finding Meaning in Your Life ~ Questions for Reflection

From Essential Spirituality by Roger Walsh, M.D., PhD.:

What is really important in your life?

What really matters?

What would you be better off doing more of?

What would you be better off doing less of?

Of all the things that you have done, what makes you most happy?

Of all the things that you have done, what makes you most satisfied?

What is the most valuable thing you have learned?

What is the best thing you have done to help other people?

What are your most satisfying relationships like?