Discover Your Light

Reflection Worksheet

About This Worksheet

You certainly can complete this worksheet in any order you wish; however, I encourage you to take your time and complete Part 1 before moving to Part 2.

In Part 1, you're given a reading assignment and an interactive exercise.

In Part 2, you work through ten questions that are designed to move you from abstract thinking to concrete clarity. They work best when you:

- Write or preferably type your answers (don't just think them)
- Sit with each question for several days before moving to the next
- Return to your answers a week later and notice what feels true versus what feels inauthentic, forced, or something that someone else expects of you
- Look for patterns across your answers rather than expecting perfect clarity on day one
- If you're so inclined, copy and paste your ten questions and the answers into your preferred AI tool and use the prompt below.

Suggested AI Prompt:

I've completed a self-reflection worksheet designed to help me discover patterns related to my WHY and Ikigai. Act as my trusted advisor, review my answers carefully and look for recurring themes, gifts, motivations, values, frustrations, energizers, and desired impact. Then help me do the following:

1. Identify the strongest patterns that appear across my answers.
2. Highlight possible gifts or strengths I may be underestimating.
3. Point out what seems to energize me most and what appears to drain me.
4. Suggest 3 possible purpose statements based on my answers.
5. Suggest 3 possible Ikigai statements based on my answers.
6. Identify any contradictions, tensions, or blind spots that may be worth exploring.
7. Offer 5 follow-up reflection questions that would help me go deeper. Wait for my response each time.

Please base your response only on the information I provide. Don't flatter me, tell me what you think I want to hear, or make things up. Look for patterns, be specific, and help me see what I may be missing or what might be hiding in plain sight.

PART 1: Discover Your Why?

To discover your purpose, I recommend reading *Start with Why* by Simon Sinek and beginning with the Friends Exercise.

If you want to go deeper, Simon Sinek created *Find Your Why* as a practical companion to *Start with Why*. It offers a step-by-step process for exploring your past and uncovering the deeper purpose that has been shaping your life all along.

PART 2: Step to Ikigai

Once you have a clearer sense of your WHY, answer the following ten questions to help you explore where your purpose meets daily life.

These questions follow the Ikigai framework: what you love, what you're good at, what the world needs, and what can sustain you.

Together, they help you discover the intersection where your inner light can shine.

Question 1: When do you lose all track of time?

This indicates when you're *in flow*. Describe a specific moment—not a job title, but an actual experience—where you were so absorbed that hours felt like minutes.

What were you doing? Who were you with? What problem were you solving or creating?

> **Why this matters:** Moments of flow reveal what genuinely engages you. They're different from what you think you should enjoy. Pay attention to the pattern.

Question 2: What compliments do you dismiss or deflect?

We often minimize our real strengths. The feedback people give us regularly contains clues about our genuine gifts.

When someone praises you, what do you tend to brush off? What do people naturally come to you for?

Why this matters: You're usually blind to your greatest strengths because they come so naturally. Other people see what you can't.

Question 3: What problem in the world makes you genuinely angry enough to act?

Not the kind of anger you perform, but the kind that moves you to do something.

Is it injustice? Wasted potential? Disconnection? Suffering that could be prevented? Environmental destruction?

Why this matters: Anger is clarifying. It points to your values. The problems that outrage you often align with your purpose.

Question 4: When have you felt most yourself, completely unfiltered and unedited?

Think of a moment where you weren't performing or managing anyone's impression of you.

What were you doing? Who were you with? What made it safe or natural to be that version of yourself?

Why this matters: These moments reveal your authentic self beneath the roles you play. They show you the conditions under which you come alive.

Question 5: What did you love before life taught you to edit yourself too heavily?

Childhood interests, teenage passions, early career dreams—before responsibility and skepticism took over.

What did you naturally gravitate toward? What made you feel excited and alive?

Why this matters: You haven't lost this. It's often just buried. These early clues often point to something core.

Question 6: Who do you naturally try to help, and what gifts do you keep bringing into rooms?

Notice the patterns in who seeks you out and what you automatically offer.

Do people come to you for clarity? Emotional support? Creative problem-solving? Grounding? Encouragement?

Why this matters: This reveals both your gifts and the kind of contribution that feels natural and energizing to you.

Question 7: What kind of work leaves you tired but fulfilled (versus work that just exhausts you)?

This distinguishes between good exhaustion and soul-draining exhaustion.

What have you done that cost you energy but also gave something back? Where did you feel useful and fully awake?

Why this matters: This helps you distinguish between work that drains your light and work that strengthens it. One depletes you. The other stretches you in a good way.

Question 8: If money and status weren't factors, what would you do with your time and skills?

Strip away the external motivators. What remains?

What would you still choose? What contribution would still feel worth your effort?

Why this matters: This reveals intrinsic motivation. Purpose isn't built on external validation. It's built on what matters to you independent of reward.

Question 9: What kind of impact do you want to be known for, even in small ways?

Think about how you want to affect the people and world around you. What do you want to be true because you showed up and contributed? How do you want to matter to others?

Why this matters: This clarifies your contribution—the shape your purpose might take. It's about impact, not image.

Question 10: What does it feel like when you're in your element?

Get specific about the physical, emotional, and mental sensations of being truly alive in your work.

Do you feel energized or grounded? Sharp or flowing? Connected or independent? What's the energy signature of you at your best?

> **Why this matters:** Once you know what it feels like to be in your element, you can recognize it more quickly and choose more of it.

After You Answer

Week One: Write (or type) your responses without overediting them. Let them be messy, incomplete, and honest.

Week Two: Read them back. Notice which answers feel true and which sound like something you think you *should* say.

Week Three: Look for the themes. What appears across multiple questions? What keeps returning? What feels consistent, even when the wording changes?

Synthesis - As themes begin to emerge, craft a simple working statement:

> *I bring [your gifts] so that [the impact you want to have], and I feel most alive when [the conditions that support me].*

Spoiler: This isn't your final answer. It's a starting point that you'll naturally evolve over time.

A Note on Timing

This deep work and these questions rarely produce instant answers. Some insights emerge in days. Others take weeks, months, or even years to sharpen. If that happens, you're not doing anything wrong. Know that it's a natural part of the process of discovery. It's a sign you're being thoughtful and honest with yourself.

Purpose isn't invented or fabricated. It's discovered. Discovery takes time, reflection, and a willingness to notice what keeps coming up and calling your name.

Be patient with yourself. Your light is already there. These questions simply help you see it more clearly. You'll know when it's arrived. The hair on the back of your neck may stand up. You may even be bought to tears.

The bottom line: When you know your WHY and discover your Ikigai, you'll feel that you're home and at peace. Your light will shine bright. You'll feel it deep in your soul… and others will see and feel it every time you walk in the room.

Parting Thoughts

Your purpose isn't something you choose one day like a career path. It's embedded deeply in your DNA and something you discover by looking backward at the moments in your life when you felt most fulfilled and most useful to others.

When you see the pattern (or hear it after the Friends exercise), you find your WHY.

And when you apply that WHY to what you love, what you're good at, and where you can contribute to the world, you begin to see and step to your Ikigai.

Know in your heart of hearts that you were born noble. Also, always remember that how you do what you do—how you lead—is as important as what you achieve.

Be clear. Be kind. Lead with Light! ✨