

# BOOST HEALTHY PRODUCTIVITY EXERCISES

## LIFE PURPOSE

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## 1 Simple questioning

- What do I value most in life?
- What do I really like to do in my life?
- What is the easiest thing for me to do?
- What am I good at?
- What are the best skills I have? Which skills do people value me for?
- Reverse question. What annoys me the most about people's behavior, choices, and decisions? What would I like to solve or fix?

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## 2 Ikigai

- The baseline question to answer: Do I accept that my life is worth living as I am today? If not, how come?
- What are my core values (i.e., top 5) that drive me?
- How am I living in alignment with these core values in my personal and professional life?
- What action can I take today to align myself with who I am?

Learn more about IKIGAI [here](#).