

The 5 Questions & Support Sheets

The Life Passion & Business Podcast started out as a personal therapeutic journey of discovery following the death of my father in 2017. He was 89 and had no interest in celebrating being 90, so (as I see it) he decided to leave 2 weeks before his 90 birthday. This meant that for my brother and I, what was meant to be a birthday celebration, became a funeral service.

However, our grief was not for his passing, he often said: "I've had enough". It was for his inability to live a fulfilled life. He gave up when my mum died 20 years earlier, and in truth, he never lived his own life even before then. He lived life through mum and her interests, I have no idea why he made that choice.

My sadness for him was amplified by seeing many of the same qualities in myself. I was allowing life to get small, avoiding challenges and becoming cynical with my work and the world.

The realisation that I could become Dad was enough to inspire change. I realised that I could not do it on my own and would need to look for guidance. The podcast idea was born out of that need, but took a year to evolve.

The basic idea was to interview people who looked like they had it sorted. The first few shows started with just 3 questions: Passion, Success and Meaning. More recently I have added 'Contribution' and the one question big question, 'What is the meaning of life for you?' Finally recognising that everyone has a story waiting to be told, I added 'What is the one question you wish people would ask?' I sometimes phrase it as: What is the one question I should have asked you?

These are my five questions, as they stand today:-

- **What are you passionate about?**
- **What does success mean to you?**
- **What is your contribution to the world?**
- **What is the one question you want people to ask you?**
- **What is the meaning of life to you?**

But they are not always so easy to answer.

THE WORK

Over a period of five days we are going to consider each of the 5 questions (one a day).

The best way to do this is to start first thing in the morning, literally as you wake up and before doing anything else. This is the time when we are the most clear and have not yet been affected by the distractions of the day.

At the end of the five days we will start to bring things together so that you can explore how you are going to move forward. Or, if you are still not clear, revisit the questions as often as you like until you know exactly what you desire and are ready to start putting things in place.

Facing these questions for the first time can be challenging and it requires patience to dig deeper each time you revisit them. So that finally you get to the root of what you desire and the things that have held you back from achieving it.

I suggest you get an accompanying journal or a notepad, that you can carry around throughout the day and jot down any further thoughts as they come to you. When we focus on something, life has a tendency to bring things our way to help us along the way. So watch out for what comes up.

At the end of each day, return to your worksheet and add anything else that is relevant.

LEARNING FROM OTHERS

Even when we realise things aren't right and we are way off target with the aspirations we once had, it can still be difficult to know where to start. This is why I started the [podcast](#), and the conversations have been tremendous in enabling me to evaluate my life differently, and know anything is possible, even when I think it isn't.

This is why I have included some of my thinking behind each of the questions below (see pages 8-10) and the things I have picked up from my guests over the past few years. All the podcasts are available for you to listen to on the Life Passion & Business website as well as [iTunes](#) and [Stitcher](#)

I hope you find this process useful in getting your life on track. I would be very interested in hearing how you get on, and if you think I can help you any further you are welcome to book some [Focus Coaching](#) sessions with me. They are designed to get right to the heart of the matter, create strategies to move forward and hold a place of accountability for you. You only schedule the next session when you have completed the objectives you set for yourself in the previous one.

What Are You Passionate About?

Consider a time when you have felt passionate about something?

Who supported you and encouraged you to go for it?

Who held you back or discouraged you?

Were you able to maintain the passion to fulfil your dream?

How did you feel when you failed or succeeded?

Take some time to reflect on your answers and add further notes here.

Date:

What Does Success Mean To You?

Think of a time when you failed to achieve success?

How did that make you feel?

What would you do differently now?

Think of a time when you have achieved success?

What changed and how long did that feeling last?

Take some time to reflect on your answers and add further notes here.

Date:

What Would You Like To Contribute To The World?

Think of a situation where you felt your contribution was valuable to others?

How did that make you feel?

Was your contribution received with gratitude?

What were the personal rewards you received for your contribution?

What else would you like to be able to give to others?

Take some time to reflect on your answers and add further notes here.

Date:

What Is The One Thing You Would Like To Be Known For?

What have you done with your life that you feel most proud of?

What do you believe were the unique qualities you were able to give?

How did that make you feel?

What did you learn from the experience?

What would you like to share about that experience that could make a difference to others?

Take some time to reflect on your answers and add further notes here.

Date:

What Is The Meaning Of Life For You?

What do you believe in?

Why do you think it is true?

What are the experiences that led to that belief?

How does this affect the decisions you make today?

What would you like to share about this experience with others?

Take some time to reflect on your answers and add further notes here.

Date:

WHAT ARE YOU PASSIONATE ABOUT?

When we are children we get excited by the simplest things, new discoveries, places to explore, toys, games etc. As adults we often reconnect to those memories through watching children, but rarely experience the same excitement in our own lives. So where does it go?

Responsibilities sneak up on us and somehow we lose connection with our passion for life and following our dreams. Those that do live their passion have a tendency to be driven, there is energy and direction to their activities, they set goals and know what they want.

What did you love to do when you were younger? Is this something that you are still passionate about today? If not, what changed?

This is where we will start on day one. However for some it might take a bit of digging. I would suggest you go back in time to the first memories you have about being passionate about something? The biggest question here is what happened to your passions and how did you lose touch with them.

What is your relationship with passion now? Do you live a life full of passion and purpose every day?

One thing is very clear from all the conversations I have had over the past few years is that when we stop living our passions, the rediscovery of them requires us to listen to the quiet voice inside. That voice has become used to going unheard, and it may take a little time to reconnect with what matters most to you now.

The exercises in the worksheets might take a little more writing than you expect, and it is important to remember this is a process you can return to frequently.

WHAT DOES SUCCESS MEAN TO YOU?

Our measure of success is often determined by the people who have had a strong influence in our life. How we measure our own success often relates to how others see us, what our parents want for us and how we compare ourselves with our peers.

This overall model of success is primarily based on the accumulation of material possessions, a good car, big house, prestigious well paid job. Many youngsters feel a tremendous pressure to achieve high grades in school, followed by challenging university degrees. For some this is great, for others the pressure is too much.

Later on, particularly for women, comes the social trappings of finding a faithful, attentive partner, raising well behaved children, and being part of a vibrant social group.

It seems to me that these social pressures to succeed can lead to misery, self doubt and low self-esteem. Especially when we feel we haven't achieved the success we think is important. When we do succeed in these areas there is usually a short period of euphoria, followed by more discontent. The problem with these models is that they have a lot to do with fitting in, and very little to do with what makes us unique.

Are the successes you are striving for really yours? How are you measuring your success in the world today?

It is up to each of us to define what success means for us. It may change many times over a lifetime. It is all too easy to find yourself striving for a success you once wanted, and not be aware that this is no longer a driving desire for you.

When have you felt successful? Was it something you really wanted? How happy were you, and how long did that feeling last?

So what does it mean to you, is it money, position, power or just being valued. All of these things are relevant. Another approach might be to consider who you look up to, what you believe it is that makes that person successful, and how that impacts on the choices you make and the direction you are going.

These are the clues to your success model, do check that you really believe these things are true for you and that they are not what you have been programmed to believe.

WHAT IS YOUR CONTRIBUTION TO THE WORLD?

Through the podcast I have discovered that contribution plays an important part in most people's lives. My guests have been on a journey that leads them to discovering what is truly important to them as individuals. They have found new ways to measure success and this has released a passion for life that gives them the drive and determination to get where they want to be.

Having achieved a success that is fulfilling to them, they feel compelled to invite others to do the same and often find ways to do this through their work or through public speaking.

"If I can do it, you can do it too."

But there is more to it than that. Many of the people I spoke to wanted to give something to the world. They feel a drive to support others in rising above the problems they are facing and make life more rewarding and enriching for everyone.

The phrase “Life’s good when it is lived for yourself, but it is great when lived for others.” comes to mind. Although I can’t remember where I heard it, the message is clear that what you do for others is more important than what you do for yourself. I believe in the premise of this, however,

**Until we take care of our own needs we cannot give fully to others.
So there is always balance to consider.**

It is time to start considering what we want to contribute to the world, but also to remember, acknowledge and celebrate how we already are contributing. It may be in your chosen work, the way you support friends and family, or it may be in how you care for people in your community.

One final thing to remember is that contributing to the well-being of others can be as simple as how we talk to people and how we show respect and care in all communications. This is a contribution that is often overlooked and undervalued. But it makes the biggest difference of all.

WHAT IS THE ONE QUESTION YOU WISH PEOPLE WOULD ASK?

When you are living from passion, you understand your success model, your motivation and you are contributing to the world, there will be things you just know for certain and nothing anyone can say will take that away from you.

This is the gateway question that allows you to get clear on what is unique to you, and where your own truth lies. Now you are ready to step out of hiding and drop the stereotype labels people have placed on you. You are ready to share who you truly are with the world and bring your unique qualities into the limelight. It is your time to shine.

When you do this, you will notice the profound effect it has on those around you. Some will celebrate with you and will be eager to understand what changed for you. Others will be critical and want to put you back in the box they have carefully held you in for years. This is where you discover who your real friends are.

**Those who have your back and want you to grow are the people
you need to have in your life. It is time to drop the rest and move on.**

On the podcast I often phrase this question differently by asking:

“What is the one thing I should have asked you but I didn't?”

This usually creates a moment of silence, as my guest has to really stop and consider what it is they have to offer me and the audience, and often leads to very interesting stories or uncovers aspects of their journey that reveal who they really are, and what their personal journey is all about.

The Final Big Question...

WHAT IS THE MEANING OF LIFE TO YOU?

I never think of this without reflecting back to my Douglas Adams days. If the meaning of life really is 42, what does that mean to you? It is my final question and to answer it requires going to a place of true connection. The big question of the meaning of life, the universe and everything lies at the edge of our consciousness and can feel so overwhelming that it is easier to just ignore.

It brings up the question of religion and spirituality, and it is only those who feel secure and confident in their beliefs (whatever they are) that are willing to address and discuss this issue openly in public.

I am asking my guests to step out and share the personal truths that have brought them to where they are today. You have the privilege of answering this in the privacy of your own home, but you are still being given the opportunity to go where very few are willing to go, to dig even deeper into what makes you tick.

So, what is the purpose of your life? What makes you tick, and what do you truly believe when you drop what others have taught you to believe?

To feel secure in the world, the big question is something that we all have to come to terms with. There was a time when organised religion answered it for us and guided people to embrace a prescribed route that would bring them into the good graces of whichever God or deity they followed.

These days, in the western world many people are stepping away from the prescribed route to God, turning their back on family beliefs and finding their own route into or out of the religion or spiritual road that had been determined for them.

I believe there is no one way. We all have a different view on the meaning of life, and it is very interesting to discover why people choose the route they do, how it serves them and how they come to terms with this big question.

Reflecting on over 100 interviews, the most interesting thing it has taught me is...

Life has absolutely no meaning whatsoever, other than the meaning we choose to give it.

My Podcast guest have come up with things like:-

- **Life is for living.**
- **Life is about love.**
- **Life is about family.**
- **Life is about god.**

They all come with different solutions but the point is there is no one right answer to this question other than the answer that you choose to give.

When you find meaning and value in the life that you lead, that is when it becomes worth living for you.

In conclusion, it is my belief that if more people had answers to some or all of these questions humanity would be all the better for it. More people would be living in alignment with their wishes, values and desires instead of watching Netflix and hoping for life to get better.

If you choose to complete the exercises in these worksheets. Please do let me know what you discover. When you are fully living a life full of meaning, passion and purpose it will be wonderful to invite you to be a guest on my Podcast and share your stories with others.

All the best,
Paul Harvey