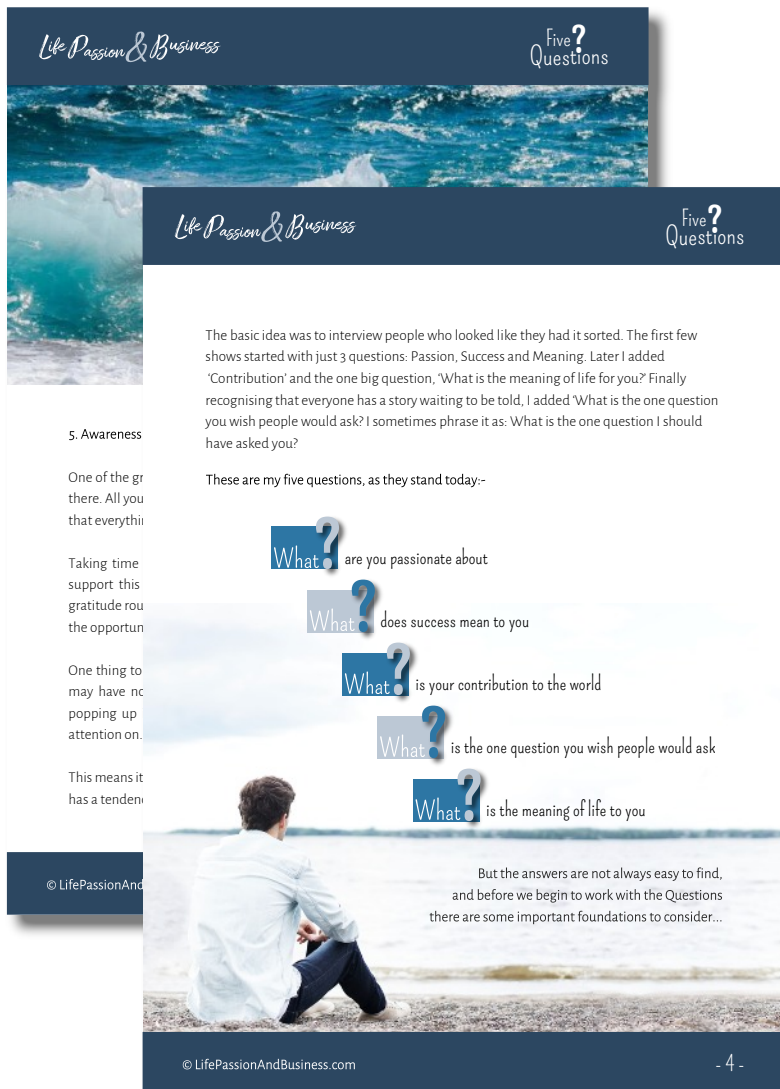


## Have you ever wondered if you are fully living and bringing your best qualities to the world?

I certainly have and that is why I created the Podcast and it's Five Questions.

Through interviewing people who appear to have the answers I have discovered a lot about myself and what makes people tick.



**What?** are you passionate about?

What did you love to do when you were younger? Is this something you are still passionate about today? If not, what changed and what is your relationship with passion now.

**What?** does success mean to you?

Are the successes you are striving for really yours? How are you measuring your success in the world? When you achieve success how does it make you feel and how long does the feeling last?

**What?** is your contribution to the world?

When we find a way of supporting people it is natural to want to share it, however until we learn to care for ourselves and recognise our own needs, we cannot fully give without depleting our inner resources.

**What?** is the one question you wish people would ask?

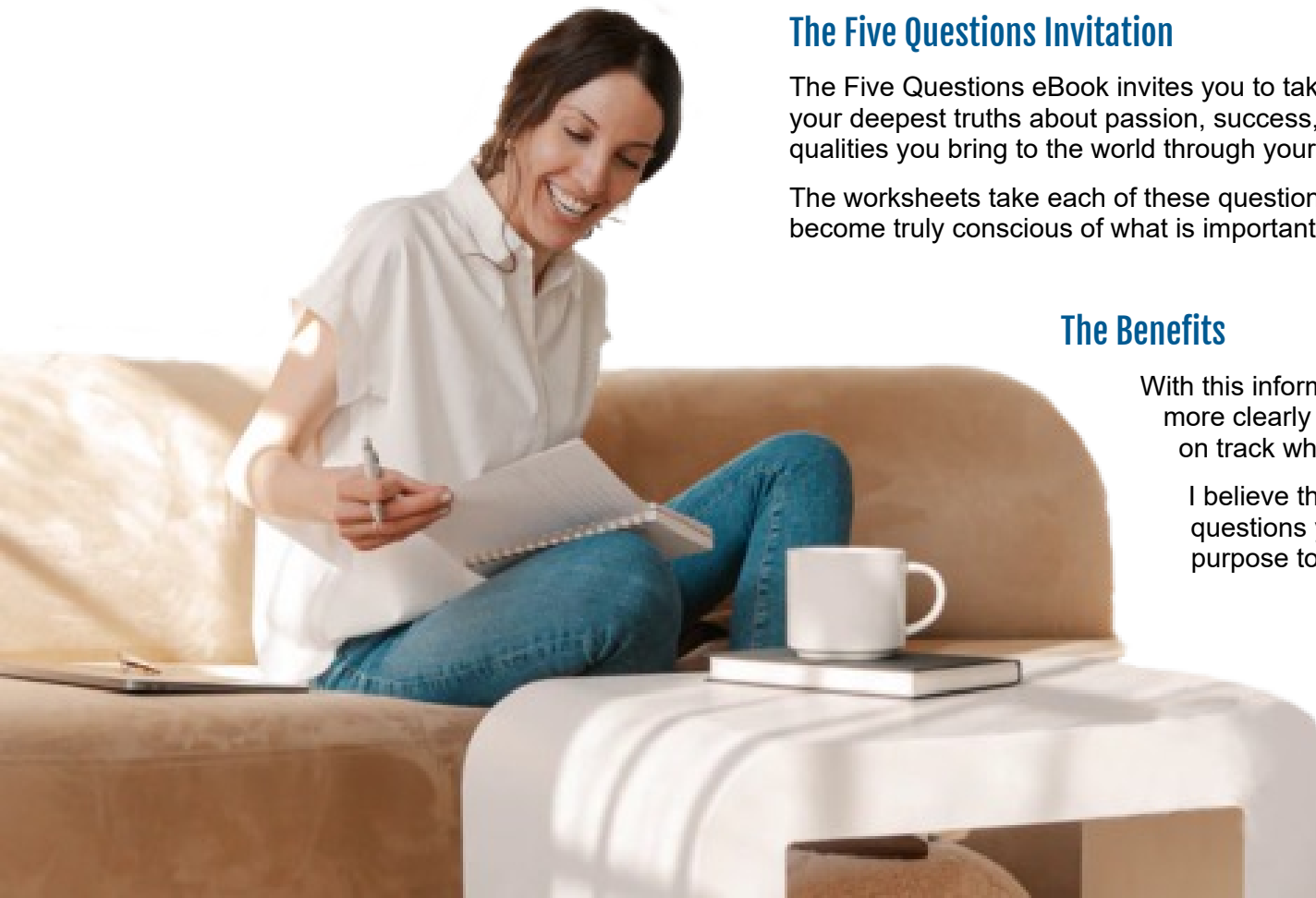
This is the gateway question that allows you to get clear on what is unique to you, and where your own truth lies. What do you want to be known for or remembered for after you are gone?

**What?** is the meaning of life to you?

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?

# Five? Questions

To Ignite Your Passion &  
Purpose For Life & Business



If you have been following the podcast for a while you will recognise The Five Questions I ask my guests and know that they can be very revealing. This is because they require digging deep into what is most important and valuable to you.

## The Five Questions Gift

The questions emerged out of my own search for answers and have become a powerful resource for deep discussion. So much so that I have created an eBook with worksheets to support you in finding your own answers to life's big questions.

In the eBook I share my own experiences with the questions and what they have revealed to me through the podcast. I also include some powerful suggestions for living more consciously and abundantly.

## The Five Questions Invitation

The Five Questions eBook invites you to take your own journey of self-discovery. Begin to unveil your deepest truths about passion, success, contribution, the meaning of life and the unique qualities you bring to the world through your skills and personal life experiences.

The worksheets take each of these questions to a deeper level, giving you the opportunity to become truly conscious of what is important to you and why.

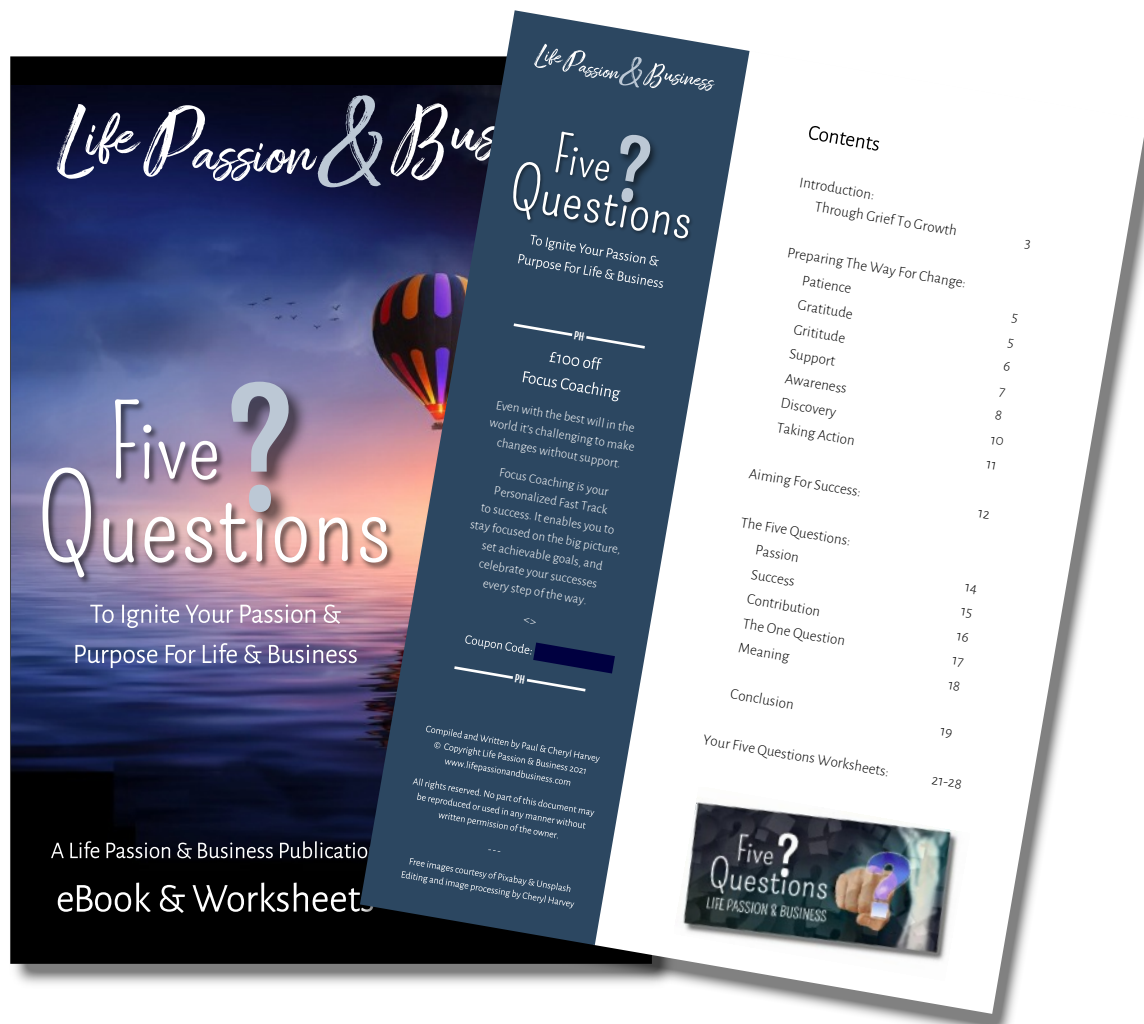
## The Benefits

With this information to hand you have the potential to steer your life more clearly in the direction you choose, and the tools to get back on track when your confidence is wavering.

I believe that in working consciously and deeply with these questions you have the capacity to bring a lot more joy and purpose to your life.

## The Bonus

If the going gets tough, it's always good to know someone has your back. The Five Questions eBook includes a £100 discount coupon for my Focus Coaching packages.



**This document is just an introduction to working with the Five Questions and only skims the surface of what is possible when you engage more deeply.**

If you want to take the exploration further, the full Five Questions eBook with its accompanying worksheets is available for just £12.99 and as you can see above, it includes a discount coupon for £100 off any of the 4 Focus Coaching packages.

Focus coaching is a proven fast track to setting and achieving goals, and the generous rewards give you an additional incentive, with the promise of a treat when you hit your targets on time.

**Life Passion & Business**

**Five? Questions**

Becoming Fully Present

The last section has been about exploring your patterns, discovering what is important to you and separating it from other people's expectations. The next section is about taking this forward to stay fully present and aligned with what really matters most to you now.

For this exercise you will need to set aside all those negative thoughts that separate you from your true potential. So it is important to embrace it with a positive attitude in full recognition

**Life Passion & Business**

**Five? Questions**

What? What Are You Passionate About?

REF: Pg14

Consider the ti

Who supported

Who or what h

Were you able

How did you fe

Take some tim

My Podcast guests have come up with things like:-

- The meaning of life is to keep on learning.
- For me there is no meaning and that is the joy, we create our own meaning.
- Having the ability to live fully and experience it on all levels.
- For me, I think this is a virtual reality, a simulation.
- I see the world as a playground and we are here to figure out how to play.
- It's about enjoying simple pleasures, getting back to nature.
- It's about living a good intentional life that is in alignment with my values.

So in conclusion, it is my belief that the more people find the answers to life's big questions the better off we will be. I wonder what the world would be like if everyone were living in alignment with their true nature and core values instead of watching Netflix and wishing life would get better. With so much human potential, don't we owe it to the world to start fulfilling our own?

I hope you enjoy exploring your potential with these worksheets. I recommend carrying a small notebook or journal to log your insights and those lightbulb moments that occur when you least expect them. Refer back to this section as you work with each question and remember...

Small steps every day lead to big achievements in a lifetime. The key is to find and stay in alignment with what is important to you.

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