



31 Heart-Centered Questions to Guide Your Goals

**GET CLEAR ON WHAT YOUR HEART WANTS
BY FINDING WHERE YOUR MIND WANDERS.**



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The Questions

Write down the first thing that comes to mind when answering the questions below. If your mind wanders as you reflect, write that answer down too.

1. If this was your last year on earth, what would you do?

2. Who would you want to see?

3. Where would you want to go?

4. What would you regret?

5. What scares you?

6. Now, what really scares you?

7. What do you wish you had more time for?

8. What don't you want to admit to yourself? (What do you resist talking about?)

9. What haven't you told anyone else?

10. What do you really want to say to people?

11. Would you profess your love to anyone?

12. Who would you forgive?

13. Is there anything you need to say before it's too late?

14. Is there anything you want to leave unspoken?

15. What do you wish you had accomplished?

16. What do you wish you had more time for?

17. What would you want to change about yourself?

18. What do you wish you could tell others?

19. What's a secret you can never tell anyone?

20. What rules would you break?

21. Would you visit anyone's grave?

22. Would you apologize for anything?

23. What do you believe in?

24. What would you fight for?

25. What do you wish you believed in?

26. What will you miss?

27. What advice would you leave for others?

28. What would you say to those who will miss you?

29. How would you say goodbye?

30. What do you want people to say about you?

31. How do you want people to remember you?

The Analysis

Using your answers above, reflect on the questions below.

1. Who is currently in your life that you left out of your answers?

Ask yourself why you may not have mentioned certain people and why you did mention others.

2. What do you do regularly that you didn't mention in your answers?

Anything from spending time on social media, to the classes you're taking, to your job, to the things you do in your free time.

3. What questions did you avoid answering? (Alternatively, did any answers feel forced or inauthentic?)

This avoidance or resistance, is a sign of discomfort. You are likely seeking change in this area of your life (and possibly resisting embracing that change as well).

4. Did you mention anything more than once?

These things are extremely close to your heart and identify the direction of the goals you truly seek to accomplish. (Tip: Highlight recurring phrases.)

5. From question three under "Analysis", what areas of your life do you seem to be seeking change in?

Your career, the people you spend your time with, how you spend your time, your hobbies, your schooling, etc.

6. Combining your responses from questions four and five, how can you combine what your heart is pulling you towards and the areas you are seeking change in to create heart-centered goals?

The questions you resisted indicate areas in which you seek change in your life. Return to your answers under "The Questions" to identify which need goals to align the way you live with what your heart truly desires.