



Spirituality: What gives your life purpose?

What do you care about?

What really matters to you?

What sustains you and keeps you going?

Where do you find strength?

What is your life about?

What do you hope the legacy of your life might be?

What do you take pride in?



What kind of person do you hope to be?

What are the qualities in how you live your life that are most important to you?

Where do you find meaning and dignity in the face of losses and challenges?

What does it mean to be “healthy?”

What does it mean to be “whole?”

What does it mean to live life well?

What really matters in your life?