

10 QUESTIONS

A Quiet Conversation With Your Soul

Before You Begin

There is no rush here.

You found your way to this page for a reason, maybe a quiet feeling that there is more to your life than what you are living right now. Maybe a longing you cannot quite name. Maybe just curiosity. Whatever brought you here, you are welcome.

The questions on the following pages are not a test. There are no right answers, and no one is grading you. They are simply invitations to pause and listen to a part of yourself that the noise of daily life often drowns out.

And you may not need all ten. Perhaps only three will speak to you. Perhaps just one. That is enough. These questions are not a checklist to complete but a guide, here to help you explore an unspoken truth already living within you.

So give yourself permission to slow down. Find a quiet moment, somewhere you will not be interrupted. You might want a journal, a cup of tea, or simply your own breath. Read each question slowly. Let it settle. You do not need to answer right away. Sometimes the most honest answers arrive hours or even days later, when you least expect them. Trust that.

Your purpose is not something you have to invent or chase. It is already within you, waiting to be remembered. These questions are simply a way of clearing the path back to it. Take your time. Be gentle with yourself. And trust whatever comes.

With love,

Chang and Lena

Why am I here in this life?

Am I fulfilled?

What makes me feel most alive, so alive that I lose track of time?

If success is guaranteed, what would I do with my time and energy?

What do I want to be remembered for?

What pain or challenge have I overcome that I now feel called to help others with?

What do people consistently come to me for, even without being asked?

What are the three things I most want to see, do, or experience in this lifetime, so that I live without regret?

What would my 90 year old self thank me for doing today?

What does a fulfilled life look like for me, not according to society, but to my soul?

A Few More, If You Wish to Go Deeper

What did I love doing as a child, before the world told me who to be?

Our truest direction is often not something to find, but something to remember.

Who do I deeply admire, and what does that reveal about what I value?

The qualities we are drawn to in others are usually already alive in us.

What would I keep doing even if no one noticed or paid me?

Whatever remains in the silence is worth listening to.

You do not have to have it all figured out today. The fact that you paused to ask these questions means something within you is already awake. All the best!