

What Do I Really Want Out of Life?

ASPIRE Impact Network Self-Discovery Resource

INTRODUCTION

Knowing what you truly want in life can be both challenging and transformative. Many of us move through our days responding to others' expectations, following paths we fell into rather than chose, or pursuing goals that don't truly reflect our deepest values. Taking time to clarify what matters most to you—what you authentically desire for your life—can provide direction, meaning, and a foundation for decisions both large and small.

This worksheet provides a structured opportunity to explore your core values, examine different life dimensions, and begin articulating a vision that resonates with your authentic self. There are no right or wrong answers—only your truth as you understand it right now.

LIFE SATISFACTION INVENTORY

Instructions: Rate your current satisfaction with different areas of your life from 1 (very dissatisfied) to 10 (completely satisfied).

Life Area	Satisfaction (1-10)	What's Working Well	What I'd Like to Change
Relationships			
Work/Career			
Health & Wellness			
Personal Growth			
Finances			
Living Environment			
Spirituality/Purpose			
Recreation/Fun			

Reflection: Which areas are most satisfying to you right now? Which would you most like to improve?

VALUES EXPLORATION

Our values are the principles that guide our decisions and define what matters most to us. Identifying your core values helps clarify what you truly want from life.

Instructions: Review this list of values and circle 10 that resonate most strongly with you. Then narrow to your top 5, and finally your top 3.

Achievement	Adventure	Autonomy	Balance	Beauty
Belonging	Comfort	Commitment	Community	Compassion
Connection	Contribution	Courage	Creativity	Curiosity
Determination	Diversity	Education	Equality	Excellence
Faith	Family	Financial Security	Forgiveness	Freedom
Friendship	Fun	Generosity	Growth	Happiness
Harmony	Health	Honesty	Humility	Humor
Independence	Influence	Inner Peace	Innovation	Integrity
Intelligence	Justice	Kindness	Knowledge	Leadership
Learning	Love	Loyalty	Meaning	Nature
Openness	Optimism	Order	Passion	Patience
Peace	Pleasure	Power	Privacy	Recognition
Relationships	Reliability	Respect	Responsibility	Risk-taking
Safety	Self-discipline	Service	Simplicity	Spirituality
Stability	Status	Success	Tradition	Trust
Truth	Uniqueness	Variety	Wealth	Wisdom

My top 3 values right now are:

1.

2.

3.

How these values show up (or don't) in my current life:

PEAK EXPERIENCES

Our most meaningful moments often provide clues about what truly matters to us.

Instructions: Recall 2-3 experiences when you felt most alive, fulfilled, or in flow—times when you felt "This is what life is about."

Experience 1:

What made this meaningful:

What this reveals about what matters to me:

Experience 2:

What made this meaningful:

What this reveals about what matters to me:

Experience 3:

What made this meaningful:

What this reveals about what matters to me:

THE 80TH BIRTHDAY VISUALIZATION

Instructions: Imagine you're at your 80th birthday celebration. People who matter to you are there to celebrate your life. Close your eyes and visualize this scene, then answer:

Who is there?

What would you want them to say about how you lived your life?

What contributions or accomplishments would you want them to mention?

What qualities or characteristics would you hope they'd remember about you?

What regrets would you NOT want to have at this point in your life?

LIFE ROLES EXAMINATION

We play many roles in life. Understanding what you want from each role helps clarify your overall life vision.

Instructions: For each role that applies to you (now or in the future), describe what success or fulfillment would look like.

As a friend, I want to be:

As a family member, I want to be:

As a partner/spouse, I want to be:

As a parent, I want to be:

In my work/career, I want to be:

As a community member, I want to be:

In relation to my own wellbeing, I want to be:

Other important role: _____, I want to be:

UNCOVERING AUTHENTIC DESIRES

Sometimes our true desires are hidden beneath layers of "shoulds," expectations, or fear.

Instructions: Complete these statements honestly, writing the first thing that comes to mind.

If I didn't care what anyone thought, I would:

If money were no object, I would:

If I knew I couldn't fail, I would:

If I could magically acquire any skill or ability, I would choose:

The thing I've always wanted to try but haven't yet is:

If I had only one year left to live, I would prioritize:

The types of experiences that bring me the most joy are:

I feel most like myself when I am:

MEANING & PURPOSE REFLECTION

Instructions: Consider what gives your life meaning and purpose by reflecting on these questions.

What problems or causes do I care deeply about?

What unique strengths, perspectives, or gifts do I bring to the world?

When do I lose track of time because I'm so engaged in what I'm doing?

Who are the people I most want to help, support, or connect with?

What legacy would I like to leave?

BARRIERS & BRIDGES

Instructions: Identify what might be keeping you from living in alignment with your true desires, and what might help you move forward.

Internal barriers (fears, limiting beliefs, habits):

External barriers (circumstances, resources, relationships):

Internal bridges (strengths, qualities, knowledge you already have):

External bridges (supports, resources, opportunities available to you):

One small step I could take now toward what I really want:

CRAFTING YOUR LIFE VISION STATEMENT

Instructions: Based on your reflections, write a brief vision statement that captures what you truly want from life. This isn't about specific goals, but the essence of the life you want to create.

My life vision:

This matters to me because:

FROM VISION TO ACTION

Instructions: Identify 1-3 areas where you'd like to begin aligning your daily life more closely with what truly matters to you.

Area 1: _____

Why this matters to me:

Small steps I could take:

1. _____
2. _____
3. _____

Area 2: _____

Why this matters to me:

Small steps I could take:

1. _____
2. _____
3. _____

Area 3: _____

Why this matters to me:

Small steps I could take:

1. _____
 2. _____
 3. _____
- _____

QUARTERLY LIFE ALIGNMENT CHECK-IN

Instructions: Schedule time every three months to revisit your vision and assess your alignment.

Date of next check-in: _____

Questions to ask yourself:

1. Am I moving toward what truly matters to me?
 2. What's one thing I'm doing well in living my vision?
 3. What's one area where I'd like to be more aligned?
 4. What adjustments would help me stay true to what I want?
 5. What have I learned about what I truly want since my last check-in?
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REMEMBER

- What you want may evolve over time—this is natural and healthy
 - There's no "perfect" answer—only what resonates truthfully for you
 - Small steps toward alignment create meaningful change over time
 - Your vision is a compass, not a rigid map
 - What you truly want likely connects to your values, strengths, and what gives you meaning
 - You deserve a life aligned with what matters most to you
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