



“The one who looks outside, dreams; the one who looks inside, awakes.”
—*Carl Gustav Jung*

Soul on Fire Questionnaire

You’d be surprised. Most people don’t have clarity about who they are, why they’re here, or where they should invest their lives. Don’t despair. You’re the exception. You’re one of the courageous few who is taking responsibility. You’re intentional and purposeful. You want your life to count. And so you’re building a masterpiece. You’re authoring your OPUS.

Read the questions below. Some might be new. Some might have been tucked away inside your head or heart for years. Don’t stress and do your best. You have no one to impress. Be honest. And be ready to become a Soul on Fire.

“The most powerful weapon on earth is the human Soul on Fire.”
—*Ferdinand Foch*

- 1. Tell me about your signature strengths:**
- 2. Tell me how you use these strengths in life/work:**
- 3. Tell me about your chosen career. Why did you choose this career path? What do you love about it? What would you like to change?**
- 4. Tell me about your biggest weakness. What does it cause? What is its cause?**
- 5. How do you determine whether something is right or wrong?**
- 6. What would you deeply regret not doing before your death?**
- 7. Tell me about your greatest, deepest fear? What is your fear causing?**

8. What has been your single greatest failure? What have you learned?
9. Why did you enter this coaching process?
10. Who would you follow with commitment? Why?
11. Do you know what you believe about why you exist? Why does it matter?
12. Do you know why you live and work?
13. Do you know how you want to live and work?
14. Do you know who you are?
15. Do you feel “called” in life and work?
16. Are you aware of how your greatest strength could become a liability? Share how.
17. Are you aware of your “internal questions” that you constantly ask yourself?
18. Are you aware of the “little voice” in your head that is rooted in your childhood?
19. What are the questions you ask yourself when adversity strikes?
20. Do these questions indicate a mind that is “rushing to judge” or disciplined to learn, to improve and to act? Explain.
21. Are you aware of your “internal early warning systems” to determine whether you are moving towards judging or learning in any given situation? Explain.

22. Are you aware of how your thoughts lead to feelings which leads to how your mind interprets situations? Explain.

23. Why is it important to manage your thinking?

24. Explain to me how your internal questions shape your decisions, actions and your relationships and results?

25. What would you most like to change about your thinking? Why?

26. If you could change one thing about yourself what would it be? Why?

27. If you could change one thing about your team what would it be?

28. Are you passionate about your life?

29. Tell me about the person who has had the greatest impact on your life.

30. What is your greatest accomplishment?

31. Can the corporation be a moral community for the development of people in addition to producing goods & services? If so how? If not, why not?

32. What is the culture in your "twenty square feet?" (i.e. = The space around you. You are the CEO of YOU).

33. How is this culture aligned with your department, division and corporate culture?

34. Can one person really change the culture of a company (or organization or family)? How?

35. Can one person really change the world? If so how? If not, why not?

36. Tell me about your best manager. What did you learn?
37. Tell me about your worst manager. What did you learn?
38. Who are some of your heroes in life?
39. Tell me about a book you have read lately and what you learned.
40. What is the purpose of your business, division and or team?
41. What do you love about your job?
42. What do you have to do at work?
43. What do you have to do at home?
44. If you could “find the time” what would you love to do at work and at home?
45. Are you paying attention? Are you a student of yourself?
46. Tell me about a person you are “pouring” yourself in to.
47. Are you inspired?
48. Who/what inspires you?
49. How are you inspiring others to follow you?
50. Are you building a team that is both accountable and cooperative? How?

51. Distill your moral code into one word.
52. Do you feel you are trustworthy? Why?
53. Do you trust other people?
54. How have you deeply changed?
55. Why does your organization need you?
56. Who, on your team, is capable of doing your job?
57. Who, on your team, should be “off the bus?”
58. How do you know people are in the “right seat on the bus?”
59. Tell me about the last time you made yourself vulnerable with your spouse (if you are married)?
60. Tell me about the last time you made yourself vulnerable with your team?
61. How do you serve your team?
62. How do you serve your family?
63. How do you serve your friends?
64. How well do you listen?
65. Tell me about a relationship that is not working. What are the core causes?

66. What are you curious about?
67. Are you driven or inspired? What is the difference?
68. Where do you see yourself in three years?
69. How do you get feedback?
70. Are you awake and pursuing your dreams or just taking life as it comes?
71. Are you optimistic about your future?
72. Have you thought of leaving your job in the past six months?
73. Do you wake up most mornings excited about your day?
74. Do you know what you would be willing to get fired for? Does your team?
75. Are you wise or just smart? What is the difference?
76. Are you building transactional or transformational relationships in life/work?
77. Are you in a hurry to just get finished with this phase of life?
78. Do you know what you want said about your life?
79. Is retirement your goal? Why or why not?
80. What will your legacy be?
81. Is your Soul on Fire?