



CONNECT!
with Todd Duncan

**PLAYBOOK EXERCISE #1:
Life by Design Questionnaire**

Video Session #1

“I don’t believe in coincidences. I know there is a divine order to the magnificent mystery of our lives.”

-Oprah

INSTRUCTIONS:

To get you in the right frame of mind and to get you thinking, I want you to invest a minimum of 2-hours to review The Life by Design Questionnaire. Spend time reviewing and internalizing your answers as we go forward.

The purpose of this exercise is for you to take inventory of where you are right now by asking yourself a series of important questions. These questions are designed to assist you in becoming more intentional about what you feel will lead you to a deeper connection with your own success and significance in the market place.

Contemplate each question before you begin to answer. Write as honestly as you can. This is your life and all that matters in this time is that you have a deeper *CONNECT!ON* with your soul, your emotions and any change you might contemplate making.

Your answers are best contained in the journal you have chosen to be your companion over the Connect Experience. Write as thoroughly and as emotionally as you can. This will kick-start your thinking as well as serve to provide you most of the construction pathways we will work on during your journey through *CONNECT!*

(Click in the boxes to answer and save your documents.)

1. Am I missing anything in my life right now that is important to me?

a) Is my life out of balance? What areas can I adjust to produce more personal alignment?

2. Who am I? Why am I here?

a) What am I passionate about? What gives meaning to my life?

b) What do I value that gives me true happiness?

c) What can I do today to insure a more meaningful future?

3. Where am I going? What path am I on? Who do I want to be? What do I want to be doing in the next five, ten, twenty years?

4. What gifts have I been given that I am now in the process of perfecting? Which ones am I not using as effectively as I might?

5. What is it, if anything, about my career that makes me feel trapped?
6. What changes do I need to make about my work that will give me more emotional fulfillment and freedom?
7. With regard to money how much is enough for me? If I have more than I need, what purpose does my excess money serve?
8. Where do I seek inspiration, mentors, and working models for my greater success?

9. How do I want to be remembered?

10. What legacy do I want to leave?



Thank you!

 TODD DUNCAN