



Hi! I'm Mary J.

I activate Change-Makers, like you, to Soul-Aligned Business, Money & Life Strategies so you might contribute to positive change in the world, whilst living a juicy, delicious and abundant Life! ✨

I support you to identify and use your unique gifts and talents to conquer financial fears, craft meaningful and purposeful strategies for your personal and professional lives, and write your own hero(ine)'s journey by integrating all of who you are - mind, body, spirit, eros - with intention and mindfulness. 💖

My core philosophy for Life is that when we connect to ourselves, others, and a higher power, contribute meaningfully to the lives of those around us, and live response-ably - we experience the ultimate feeling of freedom.

A key element of this journey is to explore the depths of who we really are, the essence of our soul as well as our personality.

This Questionnaire has been carefully crafted to help you explore and remember who you are, what is important and meaningful to you, and what makes you come alive.

You can create a quiet space and complete it in one sitting, or break it into chunks and do a little at a time.

If you get stuck on a question, simply skip it and come back to it later.

Mary J xoxo

PURPOSE

In what kind of environment do I feel most creative, in flow and focused?

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When I was a child, what did I enjoy playing or spending time exploring?

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What do I find myself spending hours doing, to the point that I lose track of time?

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What is something people ask me to help them with that is easy for me to do?

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What activities or tasks or experiences do I find energizing and inspiring?

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What kinds of activities or tasks or experiences make me feel proud of my efforts?

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What might I attempt if I chose not to be worried about what anyone else thought of me, or how much it cost?

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What do others tell me I'm good at?

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CORE GIFTS

"To ignore our Core Gifts is to commit an act of quiet violence against ourselves. To honor them is one of the most powerful acts of self-love we can achieve." – Ken Page

In my Life, what kinds of experiences touch my soul and spark joy in my heart?

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In my Life, what kinds of experiences cut me to the core of my soul and cause me the most pain?

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Does the way I earn and receive money create the kinds of experiences that touch my soul and spark joy in my heart?

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Does the way I spend money create the kinds of experiences that touch my soul and spark joy in my heart?

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VALUES

What five characteristics of "Being Human" are important to me?

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What five characteristics of "Being Human" do I value in other people?

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What characteristics of "Being Human" that I spot in other people are deal-breakers for me?

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My Top 5 Personal Values Result

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VISION

What does my vision of the ideal world look like?

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What would I love to create before I die?

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What legacy would I love to leave behind?

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How do I desire to be remembered?

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What impact would I love to leave on the world?

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MISSION

If I could change something in the world today, what would it be?

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What cause would I commit myself to if money were of no concern?

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What pain in the world moves me?

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What do I desire to be known for?

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MONEY

What does living well mean to me?

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What do I desire money to do for me?

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How does money connect me to other people?

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TRENDS / THEMES / PATTERNS

What stands out for me when I consider all my answers above. What trends / themes / patterns am I noticing?

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STATEMENTS OF CLARITY

These are statements that summarize the essence of the themes you are uncovering or revealing about what you value and is of importance to you.

It might be very difficult to capture these on your first attempt, or they may just flow out of you. There is no perfect way to generate these, or final result.

Let go and allow whatever emerges to have space and note it on this page. You may come back to this a few times over and refine your statements until they feel authentically you.

I exist ...

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I have a vision to ...

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It's my mission to ...

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My purpose is to ...

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My core gifts are ...

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I desire money because ...

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