

Identity Reflection Questions

1. When I think about who I am today, what qualities stand out that have stayed with me throughout my life?
2. What strengths or gifts do people consistently notice in me?
3. Which parts of my identity were tied to my career or role, and which parts still feel true now that those roles have shifted?
4. How has God shaped my character over the past decade? What changes am I grateful for?
5. What parts of myself have been “on hold” for years that I might want to revive now?
6. What do I value most today: relationships, learning, service, peace, creativity, adventure?
7. What stories from my life still feel meaningful? What do those stories say about who I am?

Purpose & Meaning Questions

8. What activities make me lose track of time because I enjoy them so much?
9. What gives me a sense of purpose or contribution, big or small?
10. When do I feel closest to God? What practices deepen that connection?
11. Which moments from the past few months felt the most life-giving?
12. If I wasn't worried about expectations or what others think, how would I spend my days?
13. What brings me peace? What brings me curiosity? What brings me joy?
14. If I could invest in just two or three things in this season, what would matter most?

Lifestyle & Rhythm Questions

15. What kind of pace feels right for me now; slow and steady, lightly structured, or intentionally full?
16. What daily or weekly routines support my emotional and spiritual health?
17. What kind of community or connection do I want?
18. What do I want my mornings to feel like? My evenings?
19. How do I want to take care of my body: movement, rest, nourishment?
20. What new things would I like to try: skills, work, hobbies, experiences, ways of serving?

Legacy & Looking Forward Questions

21. What kind of person do I want to be remembered as in this stage of life?
22. What relationships do I want to nurture more intentionally?
23. What wisdom or encouragement do I feel called to pass on?
24. If God is inviting me into a new assignment, what might it be?
25. What would a fulfilling, God-honoring “fourth quarter” look like for me?