

# Reflection Questions for Your Next Steps



UNIVERSITY OF  
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Career Center

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*Take some time to reflect on where you are and where you'd like to be. You can answer all of these questions or just two. Pay attention to themes that are present. How can this information assist you with your goals and next steps?*

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1. What would happen if overnight a miracle occurred and you achieved your goal or solved your biggest problem?
2. What would have to happen to make your dreams come alive now?
3. What are all the goals that you've been considering?
  - a. Which is the best idea?
  - b. Which is the most exciting/thrilling idea?
    - i. What negative thoughts are keeping you from thinking that it's possible?
    - ii. Are they true?
      1. Are they absolutely true?
4. If things could be your way, what would be different?
5. When can you start making changes to reach these/a goal(s)?
6. What quotes/affirmations are your guiding principles? How does this apply to your life right now?
7. What subjects can you speak about with confidence because you've experienced them personally?
8. What have always been your most natural abilities?
9. Let's say you were to write a book. What would the title of the book be?
10. What are among the best (high-points) in your life? What were the factors that made these high-points?
11. If someone were to say to you, "Just go for it" what might be the "it" that they're referring to?
12. What social causes most attract or inflame you?
13. One of the most powerful forces operating in people's lives is the un-lived life of their parents; the dreams they had that didn't come true, the callings they had that went unanswered. What, if anything, is the un-lived life of each of your parents (my Dad always wanted to be a.....what? My mother always wished she could have.....what?) and what effect has that had on the decisions/choices you've made?
14. What activities do you most look forward to doing with excited anticipation?
15. What thoughts do you have that if someone else said that you take offense to?
16. What parts of your life are you deeply bored with?
17. What decision could you make today that your future self would thank you for?

Many of these questions have been adapted from Gregg Levoy's book, [\*Vital Signs: Discovering and Sustaining Your Passion for Life\*](#) (2015).