

**EXTENDED IMPACT OF SPIRITUALITY**  
(Questions for a Lifetime)  
Leland R. Kaiser, Ph.D.

How to use this outline:

Take a 3-ring notebook, a journal, or a diary and title it "The Book of My Life."

Write the following questions at the top of the pages - one to a page or one question followed by several pages if you believe your responses will be lengthy.

Ponder each question briefly and then write a short response - the first thing that comes into your mind

Understand there are two authors to this book - your personality and your soul

Revisit your book often and add new and expanded answers to the questions. You will discover your soul becomes a more prominent author over time. The reason is simple - only your soul knows the answers.

Over the years, as you review the book of your life you will see evidence of soul progress. The book is meant to be with you as long as you live. It is a sacred source. You may wish to decorate it with ribbons, jewels, pictures or other objects that have sacred significance to you.

**Questions:**

What am I here to do? (What is my soul covenant?)

What am I here to learn? (What is my life curriculum?)

Who am I here to serve?

Who are or have been my greatest teachers?

What conflicts and oppositions am I now experiencing or am I destined to experience on my life path?

Why am I in my present life situation?

What are my genetic strengths and weaknesses?

What are my soul-based strengths and weaknesses?

What have been or will be my most important life changing experiences?

How much time should I allocate in my daily schedule for spiritual development?

How can I best expand my spiritual awareness?

What are some of the most important elements in my Shadow?

What causes me to rapidly gain or lose life force?

How is my persona different than my essential self?

What types of spiritual practice give me the best results?

What place in my body radiates the strongest energy?

What is my greatest barrier to spiritual progress?

What are my favorite fantasies?

If I lived in an alternative reality, who might I be?

What is my best developed emotion?

What is my best-developed mental ability?

What are the most important strengths and weaknesses in my physical vehicle?

Where am I in my unfolding life story?

What are the major themes of my life?

What can other people learn from studying my life?

How can I increase my happiness?

Where am I currently stuck?

What are some of my unrealized soul potentials?

Am I spending too much time, energy, and effort maintaining my present life/work situation?

What is my most probable future if I continue living as I am now living?

When it comes time for my next soul review, what are the most likely items for consideration?