

LuvUrLyfe Compass

Free Guide: 5 Life-Changing Questions to Reconnect with What You Truly Love

By Ed Danyo – Personal & Leadership Coach

Live Authentically. Lead Powerfully. Love Your Life.

Introduction

Are you feeling stuck, unfulfilled, or uncertain about your next steps? You're not alone—and you're not broken. You're likely just out of alignment with your authentic self. This guide is your first step toward discovering what truly lights you up and how to get back on your path.

These 5 powerful questions are designed to help you gain clarity, spark self-discovery, and begin your journey to living a life you genuinely love.

1. When in your life have you felt most alive?

Reflect on a moment when you felt completely energized and aligned. Where were you? Who were you with? What were you doing?

Journaling Prompt: Describe the scene in detail. What does it reveal about what matters to you?

2. What are the moments when time seems to disappear?

Flow states signal your natural gifts. When are you so absorbed in an activity that time flies?

Journaling Prompt: List 3 times you've experienced this flow. What were you doing? How did you feel?

3. If fear and money weren't an issue, what would you be doing?

This question peels away the pressure of practicality and lets your truth rise to the surface.

Journaling Prompt: Write your unfiltered answer. Then ask: what's one small step I could take in that direction today?

4. What do people consistently come to you for help with?

Often, others can see our gifts more clearly than we can.

Journaling Prompt: Write down 3 things people often seek your advice, help, or support with. What do those say about your strengths?

5. What does your ideal day look and feel like?

This exercise helps define the life you're truly craving.

Journaling Prompt: Describe your ideal day from morning to night. What are you doing? How do you feel? Who are you with?

Next Steps

These questions are the foundation of your transformation. They point you back to what matters most and help you start designing a life that reflects your true self.

If this guide resonated with you, you don't have to walk the next steps alone. I specialize in helping people rediscover their passions, realign their lives, and create sustainable, purpose-driven change.

[Book your free 30-minute discovery session.](#)

Let's explore what's possible when you start loving your life—on your terms.

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