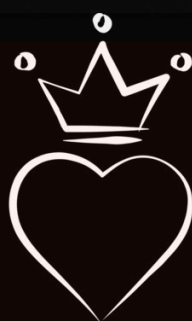


CREATOR: CONSTANCE GORDON

# THE PDQ

Purpose Discovery Questionnaire

Presented by:



Queenly Me



# PERSONALITY

- Describe yourself in 3 words.

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

- What 3 adjectives do your friends & family use most to describe you?

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

- What 3 compliments do you receive most often from others?

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

- Check the following characteristics of introversion that are true to you:

\_\_\_ I replenish my energy through inner reflection and solitude.  
\_\_\_ I get more excited by ideas than activities.  
\_\_\_ I prefer a few close relationships as opposed to many casual ones.  
\_\_\_ I feel tired and drained after socializing, even if I enjoyed it.  
\_\_\_ I am a good listener and I expect to be listened to as well.  
\_\_\_ I usually think before I speak.  
\_\_\_ I express myself well/better through writing.

Total: \_\_\_\_\_

- Check the following characteristics of extroversion that are true to you:

\_\_\_ I'm more interested in my external environment than inner reflection.  
\_\_\_ I replenish my energy through socializing and being out and about.  
\_\_\_ My energy decreases when I spend too much time alone.  
\_\_\_ I would rather talk with someone than sit alone, thinking.  
\_\_\_ I think more clearly while I am speaking.  
\_\_\_ I prefer to be on-the-go..  
\_\_\_ I express myself well/better through speaking.

Total: \_\_\_\_\_

**Based on the answers to these questions, I am more/equally/less (circle one) introverted than extraverted. My family, friends, and I all agree that I am (list the traits that seemed to relate to each other from questions 1 and 2):**

# INTERESTS

- If you had to talk about 3 topics for 24 hours straight, which topics would you choose?

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

- Name 3 hobbies/activities that you could do all day every day for the rest of your life and never get tired of it, even if you weren't getting paid and no one ever acknowledged you for doing it.

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

- What were your favorite toys to play with as a kid?

\_\_\_\_\_  
\_\_\_\_\_

- When you were younger, what did your parents often do or give you when they needed to keep you occupied?

\_\_\_\_\_  
\_\_\_\_\_

- What 3 topics do you read about/ post about on social media/ talk about with your closest friends the most?

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

**Based on my answers to these questions, I discovered that the 3 most recurring topics of interests in my life are:**

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

# PASSIONS

- Name 2 things that angers you the most?

1. \_\_\_\_\_

2. \_\_\_\_\_

- Name 2 things that brings you the most joy/makes you laugh the hardest/ puts the biggest smile on your face?

1. \_\_\_\_\_

2. \_\_\_\_\_

- Name 2 things that brings you the most sadness?

1. \_\_\_\_\_

2. \_\_\_\_\_

- What activities do you get so engulfed in that you forget to eat? What hobbies don't you mind losing sleep for?

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- If you were given the opportunity to say **one sentence** on a microphone that would reach the ears of every person in existence, no matter where they are, what they are doing, or what language they speak, what one thing would you be excited to finally bring to the world's awareness?

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- **Based on my answers to these questions, I discovered that 2 overarching passions in my life are concerning the areas of:**

\_\_\_\_\_ and \_\_\_\_\_

# ABILITIES

- How do you learn best? (Circle One)

Visually- if I see it, I got it.

Hearing- it doesn't click until I hear it explained.

Doing- I'm hands-on.

- Even if you aren't interested in them, rate yourself on the following abilities from 1(I suck) to 5(Bestest than the Restest).

\_\_\_\_ Writing

\_\_\_\_ Speaking

\_\_\_\_ Teaching

\_\_\_\_ Nurturing

\_\_\_\_ Art (music, painting, ect.)

\_\_\_\_ Building

\_\_\_\_ Researching

\_\_\_\_ Analyzing

\_\_\_\_ Computing (Math)

\_\_\_\_ Planning

\_\_\_\_ Organizing

\_\_\_\_ Advising

\_\_\_\_ Problem solving

\_\_\_\_ Physical kinesis (dance, physical coordination, sports, ect.)

- What are 2 things that you feel you can do better than most people?

(Those things that you see people doing and you often think, "I could do that better.")

\_\_\_\_\_ and \_\_\_\_\_

Name 3 things that people ask you to teach them to do most often.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What 2 previous or current job positions did you perform the best?

1. \_\_\_\_\_

2. \_\_\_\_\_

**I've discovered that 2-3 of my best abilities are:**

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**And I learn best by:** \_\_\_\_\_

# EXPERIENCE

What are 3 of your most pivotal life experiences?

- 1. \_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_
- 3. \_\_\_\_\_  
\_\_\_\_\_

Name the most significant thing that each experience taught you.

- 1. \_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_
- 3. \_\_\_\_\_  
\_\_\_\_\_

What 3 areas do you feel you are an expert in?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Name 3 of the hardest difficulties you have overcome.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Name 3 people that have influenced you the most and one quality you admire most about them.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Based on my life experiences, the challenges I’ve overcome, and my areas of expertise, I believe I could offer others solid advice and guidance when it comes to (name 3 areas) \_\_\_\_\_, \_\_\_\_\_, & \_\_\_\_\_; and I will do this in a way that demonstrates: (name the qualities that you admire in the people who have most influenced you) \_\_\_\_\_.**

# MOTIVATION

• It's the middle of the night and you are in bed experiencing the best sleep you have ever had! Suddenly, something interrupts your perfect dream and awakens you back to reality. You consider dismissing it and turning over to continue your amazing rest, but instead you force yourself to snatch the covers back, peel yourself out of bed, and tend to it. What is the ONLY "something" that you can think of that would motivate you to get out of bed during a time like this??

• What did your parents, guardians, and teachers usually offer you as a treat (or bribe), knowing that it would be a motivating incentive for you?

• Write your definition of success. What is at stake if you do not succeed, according to your own definition? Grab another sheet of paper if you need to!

• Number these items from highest priority (1) to least (9):

\_\_\_ Finances

\_\_\_ Family

\_\_\_ Legacy

\_\_\_ Pleasure

\_\_\_ Friends

\_\_\_ Marriage

\_\_\_ Health

\_\_\_ Helping others

\_\_\_ Relationship with God

• Describe your dream job? (Even if it sounds absolutely crazy)

**Based on the answers to these questions, I would say the top 2 things that motivate me the most are:**

1. \_\_\_\_\_

2. \_\_\_\_\_



# WELLNESS

• Who do you need to forgive? Name all of the people that cause you to lose your peace or have a strong physical or emotional reaction by simply thinking about them? (Yikes)

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• With whom do you need to reconcile a difference/disagreement/argument?

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• Name 3 unhealthy vices that you feel you need to stop doing?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

• Name 3 healthy habits that you feel you need to start doing?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**I understand that I cannot fully or effectively discover, pursue, or accomplish my purpose if I do not work to become physically, emotionally, and spiritually well.**

**On today, \_\_\_\_/\_\_\_\_/20\_\_\_\_, I make a vow to God, myself, and my purpose to do what is necessary to:**

**Forgive (state names)\_\_\_\_\_**

**Reconcile with \_\_\_\_\_**

**stop (state bad habits)\_\_\_\_\_**

**and begin (state good habits)\_\_\_\_\_**

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Keeping in mind my definition of success  
and my dream job, I believe that my  
purpose is:



This is your space to brainstorm!

Jot down the first things that come to your mind!! Have fun with it and dream BIG!

