



Fuel Your Confidence by Reflecting on Your Origin Story

Our origin stories are more than memories—they're the bedrock of our growth and purpose.

Reflecting on where we've been helps us uncover the lessons, values, and pivotal moments that have shaped who we are. From early influences and defining challenges to transformative mentors and personal strengths, each experience contributes to the leader you've become.

These supporting questions are designed to guide you in exploring your journey, helping you connect your past to your present, and inspiring your vision for the future. Let's begin by revisiting the foundation of your story and the people and moments that influenced your path.



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Exploring Early Influences

Think back to the people and experiences that shaped your foundation.

- Who were the most influential figures in your early life, and what did they teach you?
 - What childhood or early-adult moments defined your worldview?
 - Can you pinpoint when you first understood the weight of leadership or responsibility?
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Facing Defining Challenges

Life's toughest moments often become our greatest teachers.

- What challenges have most shaped your personal or professional growth?
 - Was there a setback that turned into a breakthrough moment?
 - How has failure helped you grow as a leader?
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Core Values and Beliefs

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Key Turning Points

Every leader has pivotal moments that change their course.

- What decision or event marked a significant shift in your life or career?
 - Did you ever consciously choose to embrace leadership? What sparked that decision?
 - Have you experienced a moment that reshaped your leadership perspective?
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Support Systems and Mentors

Leadership thrives with guidance and community.

- Who has been a transformative mentor, and what did you learn from them?
- How have you cultivated networks of support during your journey?
- What role has feedback played in shaping your leadership?



Strengths and Blind Spots

Self-awareness is critical for growth.

- What personal qualities have fueled your success?
 - Are there recurring blind spots you've worked to overcome?
 - What aspect of your growth are you most proud of?
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Moments of Impact

Leadership is measured by the influence you have on others.

- When have you made a meaningful impact, and what did you learn?
 - What drives your leadership—mission, service, or passion?
 - How have you risen to leadership's toughest tests?
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Legacy and Vision

Your leadership story is also about what you'll leave behind.

- What kind of legacy do you aspire to create?
 - How do you want to be remembered as a leader?
 - What impact do you hope to have made on the lives you've touched?
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Growth and Adaptation

Leadership evolves through reflection and change.

- How has your approach to leadership shifted over time?
 - What lessons from other leaders have you adopted?
 - How do you stay open to growth and new perspectives?
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Bridging the Past and Future

Your origin story is a compass for your journey ahead.

- How does your past influence your leadership today?
- What recurring themes shape your story as a leader?
- How can your origins guide your current challenges and future opportunities?

These themes and questions will help you reflect on the experiences, values, and lessons that have shaped you and give you a deeper understanding of your motivations and guiding principles.

