Have you ever wondered who you are deep down?

Have you ever questioned what really truly makes you happy?

We have all dealt with a lot of challenges in our lives and over time, you start to lose your sense of who you are, what matters to you, and the things that you love to see, feel, and do.

This is very normal and you are not alone.

Discovering who you are and what you’re REALLY hungry for is what will help you live a life where you feel fulfilled every day.

If you let your life pass you by without discovering these things then you are just going through the motions and sleepwalking through life.

You have meaning. A purpose. Gifts to share with the world. But you have to know what those things are before you can do them. And you won’t truly feel happy or fulfilled until you do.

The key to discovering who you REALLY are and what REALLY makes you happy starts with you getting quiet and listening so you can hear the answers to those deep questions.
How To Complete This Action Guide

1. Find a quiet space when you feel safe and you won’t be disturbed and set aside at least an hour for this process. It might take longer and it might take much less time but an hour is a great place to start.
2. Close your eyes and take 5 deep breaths in and out – breathing in through your nose, deep into your belly, not your chest as deeply as you can and releasing all the air in your lungs out through your mouth.
3. Open your eyes and work through these questions in the order they are listed. Don’t overthink the answers. Just feel into your heart and write down the first thing that comes up for you – even if you think it sounds odd or not like you at all. Get out of your head and into your heart. There is no limit to how much you can write.
4. Ready? Let's do this...

QUESTION 1: WHAT IS YOUR EARLIEST MEMORY FROM CHILDHOOD AND HOW DOES THAT MEMORY MAKE YOU FEEL?
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QUESTION 2: WHEN DO YOU REMEMBER FEELING THE HAPPIEST IN YOUR CHILDHOOD? WAS THERE AN EVENT THAT LED TO YOU EXPERIENCING THIS JOY? DESCRIBE THAT IN DETAIL.
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QUESTION 3: WHAT THREE WORDS WOULD OTHER PEOPLE USE TO DESCRIBE YOU?
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__________________________________________________________________________
WHAT YOU’RE REALLY HUNGRY FOR

QUESTION 4: WHAT THREE WORDS WOULD YOU USE TO DESCRIBE YOURSELF?
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QUESTION 5: WHAT DO YOU TAKE A STAND FOR?
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QUESTION 6: WHAT DO YOU TAKE A STAND AGAINST?
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QUESTION 7: WHAT IS YOUR BIGGEST FEAR?
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QUESTION 8: WHAT ACCOMPLISHMENT ARE YOU MOST PROUD OF IN YOUR LIFE?
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QUESTION 9: WHAT MAKES YOU FEEL HAPPINESS OR JOY WITH THE FRIENDSHIPS YOU HAVE?
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WHAT YOU’RE
REALLY
HUNGRY FOR

QUESTION 10: WHAT MAKES YOU FEEL HAPPINESS OR JOY IN YOUR ROMANTIC RELATIONSHIP?

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QUESTION 11: WHAT MAKES YOU FEEL HAPPINESS OR JOY IN YOUR CAREER?

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QUESTION 12: WHAT MAKES YOU FEEL SAD OR UNFULFILLED WITH THE FRIENDSHIPS YOU HAVE?

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QUESTION 13: WHAT MAKES YOU FEEL SAD OR UNFULFILLED WITH YOUR ROMANTIC RELATIONSHIP?

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QUESTION 14: WHAT MAKES YOU FEEL SAD OR UNFULFILLED WITH YOUR CAREER?

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QUESTION 15: WHAT WOULD YOU DO IF YOU KNEW YOU COULDN’T FAIL?

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__________________________________________________________
WHAT YOU’RE REALLY HUNGRY FOR

QUESTION 16: IF YOU COULD ONLY DO ONE THING FOR YOURSELF – NOT ANYONE ELSE – FOR THE REST OF YOUR LIFE, WHAT WOULD IT BE?

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QUESTION 17: WHAT HAVE YOU DONE IN THE PAST THAT IS THE MOST MEANINGFUL FOR YOU?

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QUESTION 18: HOW DO YOU FEEL ABOUT YOUR PARENTS?

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QUESTION 19: WHAT DO YOU BELIEVE IS POSSIBLE IN YOUR LIFE?

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QUESTION 20: WHAT IS THE NUMBER ONE BELIEF THAT KEEPS YOU STUCK IN YOUR LIFE AND HOLDS YOU BACK FROM GETTING WHAT YOU WANT OUT OF LIFE?

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QUESTION 21: IF A MAGIC GENIE WOULD GRANT YOU ONE WISH, WHAT WOULD THAT WISH BE AND WHY?

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QUESTION 22: WHAT LEGACY DO YOU WANT TO LEAVE BEHIND? IN OTHER WORDS, WHAT DO YOU WANT PEOPLE TO SAY ABOUT YOU WHEN YOU'RE GONE?

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Now take a deep breath. How do you feel after working through this action guide? Relieved? Surprised? Sad?

Sit with these feelings and just allow yourself to feel everything. Write down any important thoughts coming up for you.

It’s always very interesting when we discover the things about ourselves we have forgotten about. Sometimes these things challenge us. Sometimes they inspire us. Sometimes they shift everything.

Based on your answers, you will start to see some changes that you want to make. You will see what makes you happy as well as what isn’t serving you and you now have the opportunity to do things differently. These changes might seem overwhelming at first and you can certainly ease yourself into them. Take things one at a time and baby step your way to the life you know you’re meant to have. Or, throw yourself in full force and take action! Only you will know the right way to move forward. The important part is that you move.

**BONUS TIP:** Now that you’ve discovered what you’re REALLY hungry for, check out the HUNGRY Method Quick Start Guide for 6 simple steps to help you let go of the things that are holding you back so you can finally create the life you’ve always wanted!

You can download your free HUNGRY Method Quick Start Guide at [www.whatyourereallyhungryfor.com](http://www.whatyourereallyhungryfor.com).

“Quitting can be the positive process of choosing the path that more fully serves your highest good”

-Cynthia Pasquella