

**The Core – “the individual’s self, a kind of mental and emotional profile. Knowing one’s own core means thoroughly knowing oneself, one’s goals, and one’s motives. Knowing the core makes it much easier to make decisions and it is a source of motivation”
(Aki Hintsa, the Core).**

Main questions to find the core

1. **Do you know who you are?** – it is about identity – the point is to be very clear with identity definition

Main questions to find the core

2. Do you know what you want? – it is about the purpose – the purpose and goals could be big and ambitious and attractive.

This question can be opened up with the following questions:

- Are you satisfied with the way you spend your time?
- Are your goals permanent or do they change often?
- Do other people's decisions and choices have a strong influence on your own?
- Do you know what your next step in life is?"

Main questions to find the core

3. **Are you in control of your own life?** – check up if you live a life in relevance of your goals – it is about ability to control your life