

5 Questions to Find Your Direction

A free guide for immigrants and first-generation students who are done surviving and ready to build something real.

HOW TO USE THIS GUIDE

Set aside 15 to 20 quiet minutes. Answer each question honestly, without editing yourself. There are no right answers here. The goal is not to arrive at a neat conclusion, but to start hearing yourself more clearly. That is where everything begins.

These five questions have helped people I work with move from confusion to clarity. Some of them needed just one session to see what had been hiding in plain sight. I hope they do the same for you.

Life and Career Coach | virgilioteixeiracoaching.com

QUESTION 01

What would you be doing if fear had nothing to say about it?

Fear is the loudest voice in most rooms. But it is not the most honest one. This question puts fear in the backseat and lets you hear what you actually want.

→ What comes up when you imagine a life with no risk of judgment, failure, or disappointment?

→ What have you kept quiet about for years?

YOUR ANSWER

QUESTION 02

Where do you feel most like yourself?

Direction is not just about goals. It is about knowing who you are when no one is watching. When you find the conditions where you feel most alive, you find the compass.

- Think of a recent moment when time disappeared and you were fully present. What were you doing?
- When do you feel like you are performing, and when do you feel real?

YOUR ANSWER

QUESTION 03

What story are you still living that is not yours?

Immigrants and first-gen students often carry the weight of other people's dreams. Before you can build your own direction, you have to see which parts of your life belong to someone else.

- Whose definition of success are you currently chasing?
- If your family had no expectations of you, what would you pursue?

YOUR ANSWER

QUESTION 04

What would you have to let go of to move forward?

Most people who feel stuck are not missing information. They are holding on to something that once protected them but now limits them. Naming it is the first step.

- Is there a version of yourself, a relationship, a belief, or an identity you are afraid to outgrow?
- What would change if you stopped needing things to be certain before you moved?

YOUR ANSWER

QUESTION 05

What is one thing you could do this week that would make future-you grateful?

Clarity without action stays a dream. This question connects insight to movement. It does not have to be big. It has to be real.

- What is one conversation you have been avoiding that needs to happen?
- What is one small step you could take that is aligned with who you want to become?

YOUR ANSWER

Ready to go deeper?

These questions are the beginning. If something came up while you were writing, that is worth exploring. A single conversation can change the direction of months.

Book a free 30-minute discovery call:

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