THE MUNROE INSTITUTE OF LEADERSHIP

# 5 QUESTIONS OF THE HEART

## A Framework for Identity, Purpose, and Direction

**COURSE FORMAT**
Online | Self-Paced

## COURSE SYLLABUS

www.TheMIL.org

The Munroe Institute of Leadership (MIL) envisions a world where empowered leaders drive transformative growth and influence their communities through visionary leadership and innovative personal development programs.

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# TABLE OF CONTENTS

Course Overview + Time Commitment + Who Should Enroll ..... 3

What You Will Learn + What You Will Earn + Course Schedule..... 4

FAQs + Contact Information ..... 5

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## COURSE OVERVIEW

**5 Questions of the Heart** is a self-paced micro-learning course designed to guide you through the foundational questions that shape identity, purpose, and direction in life.

Every individual lives in response to a set of internal questions. Some answer them intentionally. Others answer them unconsciously through their daily decisions. When these questions remain unresolved, life often feels reactive, misaligned, and uncertain. But when they are explored with honesty and clarity, they begin to bring structure, confidence, and direction to how we live and lead.

**This course walks you through five essential questions:**

1. **Who am I?**
2. **Where am I from?**
3. **Why am I here?**
4. **What can I do?**
5. **Where am I going?**

Each unit is designed to help you examine these questions deeply and personally, providing teaching insights, guided reflection, and practical application. As you move through the course, you will begin to align your thinking, decisions, and actions with a clearer understanding of your identity and assignment. **This is not a course about motivation. It is a course about alignment.**

## TIME COMMITMENT

This course is designed for flexibility and personal pacing. We recommend that learners dedicate **1–2 hours per day** to engage with the course content.

This includes:

- **Coursework:** Short teaching videos, written insights, and guided reflection.
- **Application:** Personal journaling and practical exercises designed for immediate implementation.

## WHO SHOULD ENROLL

This micro-learning course is ideal for individuals seeking clarity in identity, purpose, and direction.

It is designed for:

- Individuals navigating seasons of transition or uncertainty
- Professionals seeking alignment between purpose and performance
- Leaders who desire deeper self-awareness and intentional decision-making
- Anyone ready to move from confusion to clarity in their personal and professional life

No prior coursework is required. This course meets you where you are and guides you forward.



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# WHAT YOU WILL LEARN

- Understand identity as the foundation for all decision-making
- Recognize the importance of the Source and its impact on stability and confidence
- Clarify purpose as original intent rather than preference or pressure
- Identify untapped potential and areas for growth and development
- Align daily decisions with long-term direction and desired outcomes
- Shift from reactive living to intentional leadership
- Develop a framework for personal alignment that can be applied across all areas of life

# WHAT YOU WILL EARN

- A personalized framework for answering the five foundational questions of life
- Greater clarity in identity, purpose, and direction
- Increased confidence in decision-making and leadership
- Practical tools for reflection, alignment, and personal growth
- A structured approach to navigating future seasons of life with intention

# COURSE SCHEDULE

**UNIT 1: Identity — Who Am I?**
Explores identity as the foundation of life and leadership, establishing who you are beyond roles, titles, and external validation.

**UNIT 2: Source — Where Am I From?**
Examines origin and connection, highlighting how understanding your source creates stability, confidence, and internal security.

**UNIT 3: Purpose — Why Am I Here?**
Defines purpose as original intent, helping you clarify your assignment and align your life with meaningful contribution.

**UNIT 4: Potential — What Can I Do?**
Reveals untapped ability and capacity, emphasizing the importance of development, discipline, and growth.

**UNIT 5: Destiny — Where Am I Going?**
Focuses on direction and long-term alignment, guiding you to make decisions that shape your future intentionally.



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# FREQUENTLY ASKED QUESTIONS

**WHAT TECHNOLOGY DO I NEED FOR THIS COURSE?**
A computer, tablet, or smartphone to access lessons and course materials. A reliable internet connection (wired or wireless; 4G/5G recommended).

**WHO IS THE IDEAL CANDIDATE FOR THIS COURSE?**
Anyone seeking clarity in identity, purpose, and direction. This course is especially beneficial for individuals navigating change, seeking alignment, or looking to deepen their personal and leadership development.

**DO I NEED ANY PRIOR KNOWLEDGE OR EXPERIENCE?**
No prior coursework is required. This course is designed to support individuals at all stages of their journey.

**WHERE DOES THE COURSE TAKE PLACE?**
All content is delivered online through Genially and can be accessed anytime, anywhere.

**IS THIS COURSE SELF-PACED?**
Yes. The course is fully self-paced, allowing you to progress according to your schedule.

**HOW IS MY PROGRESS ASSESSED?**
Progress is measured through reflection exercises and completion of guided application activities within each unit.

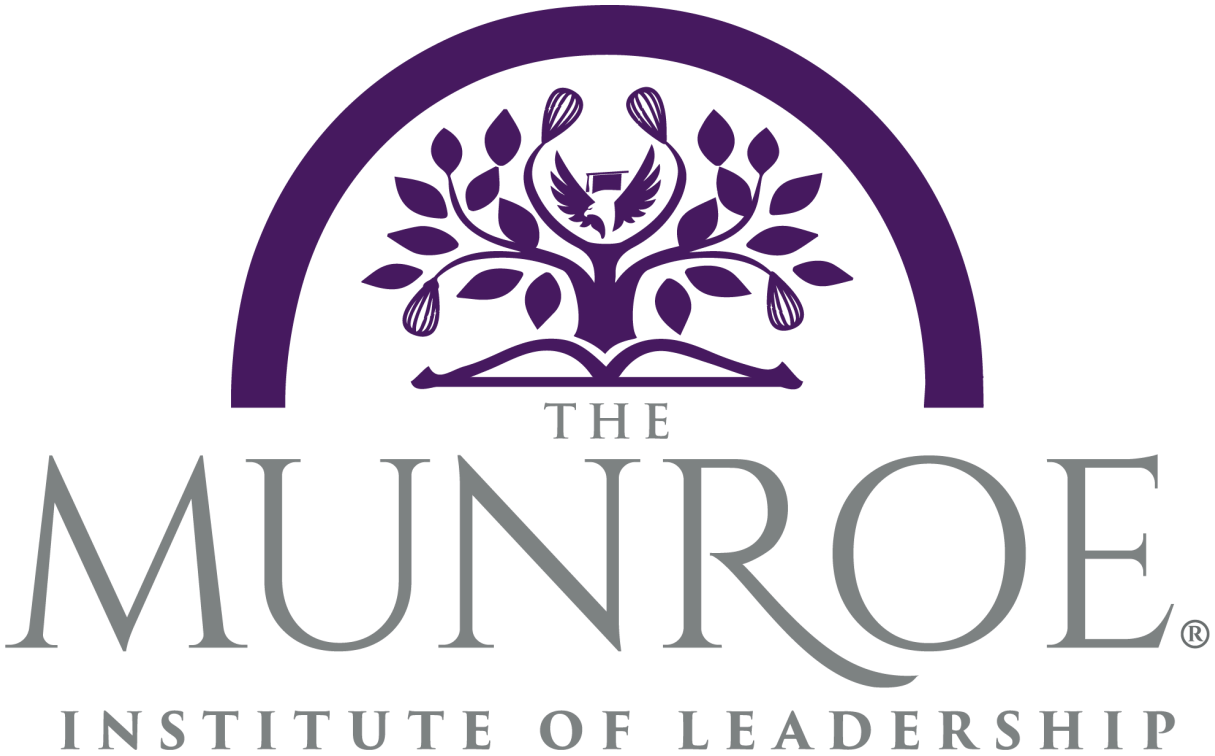
**HOW CAN I GET SUPPORT IF I HAVE QUESTIONS?**
Email our team at admin@themil.org for technical or course-related support.

# CONTACT US

Any questions? We're here to help. Please email us at **admin@themil.org**.



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