

Finding Your Purpose

SELF-DISCOVERY WORKSHEET



Complete this worksheet to help uncover & connect with your purpose

01. What do you enjoy doing? What sparks flow for you?

'Flow' is a term used to describe a state of mind where you lose all sense of time from being fully absorbed, focused, energised & happy in the activity you're undertaking.

02. What are your strengths?

What comes easily to you?

What are you 'thanked' for most often?

03. What times have made you happiest?

What are the memories that fill you with joy?

Is there a pattern to them?

04. What do you have to offer to the world?

Are there any causes in your community or the wider world that you feel passionately about? How would you like to make a difference? What or who would you make a good advocate for?

05. What would your ideal life look like?

Taking into consideration your responses to questions 1-4, describe a life where you would feel most fulfilled. What do you do? How do you live? Take away all constraints, just write with true honesty.

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06. Statement of Purpose

Now consolidate these thoughts & try to write a single sentence which defines your purpose. (Don't worry if it's not concise straightaway - most people will need to refine a bit!)

07. On a scale of 1 - 10, how closely is your life aligned with your statement of purpose right now?

If you answer anything less than 10, continue to question 8; otherwise, stop here & continue to live happily in line with your purpose!

08. What would have to happen to make your answer to question 7 a '10'?

What changes might you need to make?

09. What actions could you take right now?

Rather than a complete instant makeover of your life which can seem overwhelming, are there any first steps you can take to make you more aligned to your purpose?

There is no passion to be found playing small - in settling for a life that is less than the one you are capable of living.

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