

Identifying Your Purpose:

What purpose is:

1. Big and bold
2. Encompasses a lot
3. Driving force for everything we do
4. Motivation
5. Encourages resiliency
6. Outside of our self
7. Short and simple

Purpose Big Global Statement

Owning your purpose helps you create more focused goals How to find our purpose:

1. Look to your past and make a list of 7-10 highs and lows.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Identifying Your Purpose:

2. When looking at your highs and lows what helped you through?

3. Why are you here?

4. What do you care about?

5. What are you good at?

6. Where do you thrive? Get your energy from?

Get clear about who you are at your best.

Write your purpose down. Does it resonate with you?

Identifying Your Purpose:

Now that you have your purpose write a hat you wear (mom, student, wife, friend) in each box below and how you can live your purpose in that area of your life. Next, rate how you are accomplishing your purpose on a scale from 1-5. Use this to help you set goals to help you focus on your purpose.
