

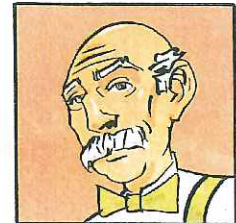
Finding Your Purpose



If you'd like to find (or focus) the purpose in your life, here's a little workbook that might help.

As you go through it, remember that: (1) you may have more than one purpose, and (2) purposes often change over time.

"Be ready for someone when they need me. Because I've had so much help and love from other people when I needed them!"



"To help the poor, the sick and the dying, and to help ignite in them a spiritual awareness. To serve God."

"To be a gentleman."



"To paint pictures that express the emotions of my breast cancer experience."

"To create a new business that helps people change their behaviors through finding purpose in their lives."



"To study and better understand nature, then give this knowledge to others. To be more engaged with my partner."

"To give the children in my school a clean building. To serve God."





What do you hope people will
say at your memorial service?

Achievement

Independence

Security

Community

Kindness

Self-Control

Creativity

Relationships

Spirituality

Enjoyment

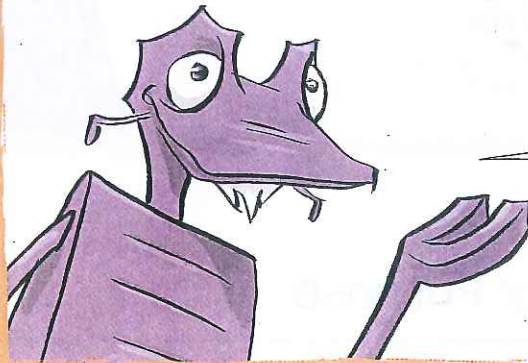
Reputation

Tradition

Expertise

Responsibility

Vitality

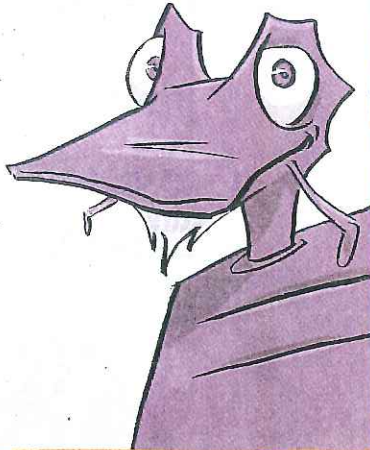


First,
circle the 3-5
words or phrases
that describe the core
values that are the
most important
to you.

Why did you select these values?

Now it's time to write your own purpose, based on the core values you chose earlier and the way you'd like to be remembered.

As you formulate your purpose, you may want to keep in mind what Rachel Remen said: "Often finding meaning is not about doing things differently; it is about seeing familiar things in new ways."



My Purpose

This image shows a single sheet of white paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.