

MY PERSONAL

LIFE PURPOSE

WORKBOOK

REFLECTIVE QUESTIONS FOR YOUR PERSONAL MISSION STATEMENT

What am I better at than most of my friends or family? What talent or skill do I have that is unique or that I do in my own awesome way?

What characteristics do people comment on most about me?

What things do I consider myself passionate about? Do I make time for them?

What is one thing I love so much that I always make time for it?

What are the top three things I value most in this world? *i.e., financial security, equality, family, solitude, travel, etc.*

What are my favorite personal qualities? *Pick three or four - i.e., Empathetic, forgiving, funny, good communicator, honest, etc.*

Ideally, how would I express these qualities in my interaction with others? What would I say or do and how would they feel receiving my words and/or actions?

If I could call the shots, what would positive interactions between other people look and feel like? *What kinds of things would they say to each other, how would they say it, and how would they feel saying and hearing those things? What kind of body language would they use?*

If I had just two or three sentences, how would I summarize to a stranger the kind of person I am, what I value most, and how I relate to others? *Imagine you're on a first date. What would most benefit them to know about you, your values, and how you treat others? Be HONEST with yourself. You don't have to be a Nobel Peace Prize winner. You're a messy, beautifully imperfect human being. Embrace it.*

AM I ON TARGET?

Personal

Do I have a talent? Do I have more than one? What is it/are they?

Do I use this/these talent(s) every day? If yes, in what ways? If no, what are some ways I could use them?

How would others benefit from my talent? My family, friends, community, and/or the world?

What are some ways I could make my talent more available to my community and/or the world?

What takes up most of my time these days? What do I prioritize?

Would I be happier prioritizing other things?

What could I do differently to prioritize things that bring me joy? *What specific changes could you make to your daily or weekly schedule to allow more time for the things you value most?*

Career/Work

Why do I do the kind of work I do? Is it for money or other material benefits, recognition or acclaim, a flexible schedule? Or do I feel I don't have other options?

Does my work have meaning to me or serve a higher purpose? If so, what is it?

Who benefits from the work I do? Who does it serve?

Do the people I serve need what I provide? Or could they live without it?

What do they do with what I provide? Does it serve or hurt others downline?

Is there a way that I could do this work differently so that the benefits could be passed on more effectively?

Is there integrity in what I do for a living? Does it align with my values? In what way?

Is there a lack of integrity in what I do for a living? Do I feel like I can't be authentic and true to who I am and still perform effectively in my role? Describe.

If I could be doing something that fully resonates with who I am and what I value AND have all my expenses, needs, and desires covered, would I still be working at this job?

If not, can I alter this job in any way to make it something I could be aligned with and passionate about?

If I can't alter this job to align with my values, what steps could I take to transition into something new?

Are there negative aspects to my work?

Is there any way that I create these negative aspects? If so, can I change them by transforming them into positive aspects or perhaps redirecting my focus to existing positive aspects?

Is this the only job in which I can achieve my life purpose?

What other ways or in what other roles or careers could I achieve my life purpose?

Can I stay in this job and achieve my life purpose? How? Or why not?

What kind of work could I do that would have me wake up excited and inspired every day? What would my workday look like?

Relationships

When you first met your spouse or partner, what activities did you both feel passionately about and enjoy together?

What future goals did you share? *i.e., having kids, owning a home, traveling, etc.*

Did you ever write down those goals together? If not, would you do it now?

Of the goals you shared, have you pursued or met any or all those goals? If so, list them.

What vision did you originally have for your relationship? Was the vision the same for each of you?

Has the relationship evolved the way you envisioned? If so, how? If not, how has it detoured from the original vision?

In what ways do you support and empower your spouse to be their best self?

In what ways does your spouse support and empower you to be your best self?

In what ways do you feel you could better support your spouse to be a thriving and happy individual?

In what ways could your spouse better support you to be a thriving and happy individual?

Family

Do you have a close relationship with your living parents? Your living grandparents? Other seniors in your immediate or extended family?

Why do you stay in touch with these seniors? Is the relationship mutually beneficial?

Do you participate frequently in family activities with these seniors? What kind of activities?

Do you have children?

What are the most important lessons you will teach or have taught your children in your lifetime?

What is the greatest hope or aspiration you have for their future?

How important to you is their fulfillment of that hope or aspiration? Would you feel deep disappointment if they chose differently for themselves than you would have for them?

What repeated actions do you take to support and encourage the development of the future you envision for your child(ren)?

Does your family, including your children, support the activities or pursuits that most interest you? In what ways do they support or not support your interests?

Does your family regularly participate in any activities that serve others outside of your immediate household? If yes, what are they and how specifically do they serve others?

How did you get involved with this activity? Who initiated this activity and why?

Do you think your family would like to participate in an activity that serves others outside of your immediate household? If so, what activity?

What might each family member do to support that activity?

Would you feel comfortable asking your family members to commit to an activity by writing it down on paper? If not, why? If yes, when would you initiate this written commitment?

What specifically would you like your family activity to accomplish for others or for the family unit?

Community

Are you active in any groups? i.e., *Service organizations, social clubs, hobby clubs, etc.*

What is your reason for joining a group and being actively involved?

What specifically is satisfying or enjoyable about being part of this/these group(s)?

Do your groups or group activities serve others or strive to in some way?

Do you participate in the activities that serve others within this/these group(s)?

Have you taken on a leadership role in any group? In what way?

How does/do this/these group(s) serve to further your career or personal goals? *Note: If a group or activity is in your life solely because it brings you joy or relaxes you, it can still be very effective at furthering your career and personal goals.*

Has meeting new people within a group led to good things happening in your life outside of group activities? If so, what things? How do you feel the group contributed to those things?

What kinds of surprising benefits have resulted from your group activities?

Are there other groups you could join that would further your life goals? If so, what groups? How would these groups help to further your life goals?

DEFINE YOUR LIFE PURPOSE

Whether in my career or private life, the activity I am most passionate about is.....

The reason I am so passionate about this activity is.....

I could pursue this activity full time if I

I could thrive in my family and committed relationships, while at the same time pursuing this activity, if I

The activity serves others in that it.....

When I daydream, the life I visualize for myself includes.....

When I am at the end of my life, I hope to look back on my life and be satisfied that I accomplished.....

I know I will have led a life of meaning if I

What is the best use of my productive time, heartfelt effort, and passionate dedication?

Hint: *This is your life purpose!*

