

MY PURPOSE WORKSHEET

This exercise can be used to clarify or even outright find your purpose – your Why.

You may even find you have more than one answer to some of the questions below.

This is not only ok – it's expected, so don't be concerned if you find it true for you.

When I was 7, I loved to:

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If I knew I couldn't fail, I would:

I always lose track of time when I'm:

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Five things I love about myself are:

People tell me I'm good at:

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If money were no issue, I would:

In my free time, I love to:

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If I didn't care what other people thought, I would:

I would regret it forever if I never:

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I feel best about myself when:

Five people who inspire me the most are:

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I am happiest when I'm:

Once you've answered all of the questions, review your answers. Really think through your responses – and make note of how you feel while you're doing this.

Which ones produce the strongest feeling or emotion?

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When you've done that, it's time for the last question – but there's a caveat:

Write as much as you can – be as detailed as possible – until you feel a shift inside you.

This is when you will have identified your purpose – the gift **ONLY** you can give to yourself and the world.

My purpose is:

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