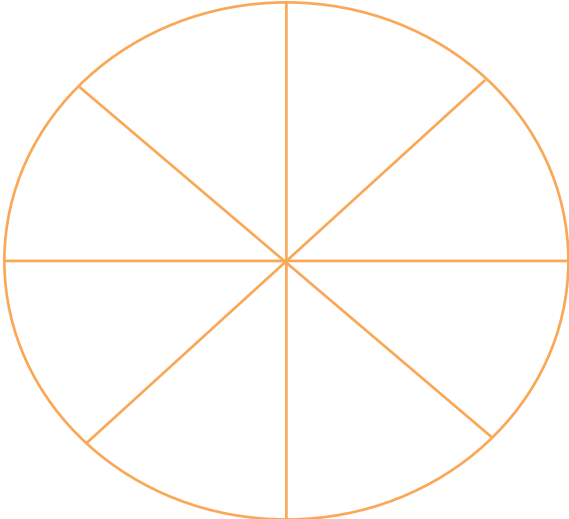



Clarifying Your Life Purpose

<p>Introduction</p>	<p>Clarifying your purpose isn't as hard as most of us think it is!</p> <p>Getting clear on what's most important to you and why, can lay a solid foundation for purpose-full intentions you can give your whole heart and soul to.</p> <p>This worksheet takes you through a process that creates a statement summarizing your desired outcomes in important areas, the value you believe will be added, and what you are committed to doing to achieve these outcomes.</p>
<p>What to do</p>	<p>How to do it</p>
<p>Increase awareness of your current level of satisfaction in important areas of your life.</p>	<p>If the sections in this circle represented important areas of your life, how would you label each section? Using a scale of 0 to 10 (high), assess your current level of satisfaction in each area. Identify reasons for celebrating and opportunities for improvement.</p> <div style="text-align: center;">  <p>Example</p>  </div>

Clarifying Your Life Purpose

Increase awareness of your current intentions in important areas of your life

What are your **desired outcomes** in important areas of your life?

Example: Relationships - My intention is to have loving, joy filled relationships.

What **value** do you believe your desired outcomes will **add**?

Example: Peace - My intention is to be at peace 99.99% of the time.

What could you **commit** to doing to achieve your desired outcomes?

Example: My intention is to help people discover what is most important to them.

Clarifying Your Life Purpose

Create a statement that summarizes your purpose-full intentions.

Select the three most important items from your value add, commitments and desired outcomes lists. Then, fill in the blanks:

- My purpose is to promote _____ (value add)
- I will do this by _____ (commitments)
- As I do these things I am _____ (outcomes)

When finished, you'll have a short paragraph something like this:

My purpose is to promote peace, good health and joy filled relationships. I will do this by helping people discover, believe in and achieve ideal outcomes in their personal and professional life. As I do these things, I am making a positive difference in people's lives.

Keep your statement of purpose with you and continue to refine it. Also, practice using it to help you stay on course when setting goals, making decisions and taking action.

Your Statement of Purpose: