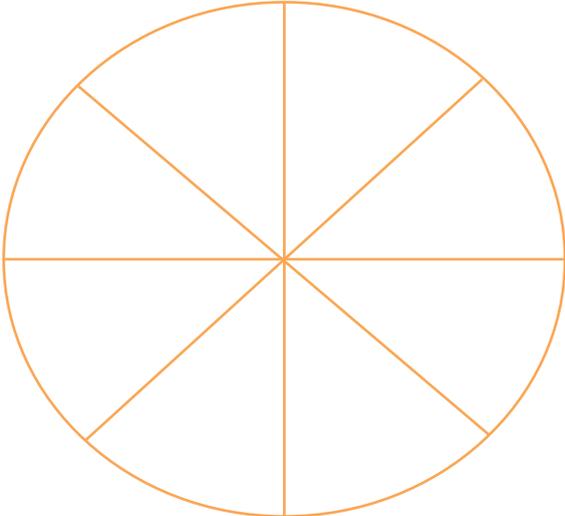
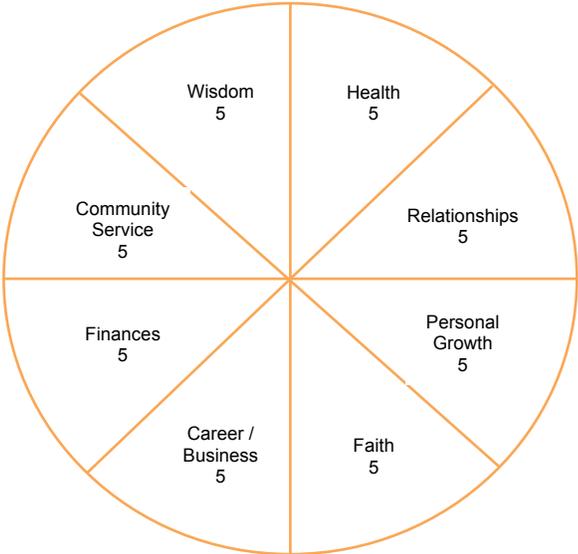


Clarifying Your Life Purpose

Introduction	<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>
What to do	How to do it
<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; margin: 20px 0;">  </div> <p style="text-align: center; color: red; margin: 10px 0;">Example</p> <div style="text-align: center;">  </div>

Clarifying Your Life Purpose

What are your current desired outcomes and intentions?

What are your current **desired outcomes** in important areas of your life?
Example: Relationships – I/We have loving, joy filled relationships.

What **value** do you believe your desired outcomes could **add**?
Example: Peace – I/We could be at peace 99.99% of the time.

What could you **commit** to doing to achieve your desired outcomes?
Example: I/We intend to help people discover, believe in, and achieve mutually desirable outcomes.

Clarifying Your Life Purpose

Create a statement that summarizes your purpose.

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 mutually desirable outcomes in their personal and professional life. As I do these things, I am making a positive difference in people's lives.

Your Statement of Purpose: