

Life Purpose Worksheet

Complete the following steps to help you determine your Life Purpose and write a Life Purpose statement.

1. List two of your unique personal interests, *such as researching and teaching.*
 2. List one or two of your strengths *such as being highly concentrative and empathetic.*
 3. Assume the world is perfect right now. What does this world look like? How is everyone interacting with everyone else? What does it feel like? This is a statement, in present tense, describing an ultimate condition, the perfect world as you see it and feel it. Remember a perfect world is a fun place to be. *Example: Women are economically and socially empowered to do what they want to do.*
 4. Combine the three prior subdivisions of this paragraph into a single statement.
Example: My purpose is to research and teach women to use proven tools to increase their economic and social empowerment.
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- Tests for Your Purpose

- Does it make me come alive?
- Is it in line with my interests, strengths, and needs?
- Does it align with my core values?
- Is there good in it for others?

