

What Is Your Life Purpose Statement?

This activity will help you take a step toward identifying your unique purpose. ***This is not a final activity to identify your purpose, but a starting point to help you identify what is important to you personally.*** Use this activity to help you identify your experiences, central beliefs and motivators, and individuality to create a personal life purpose statement, which will bring grounding and meaning as you make decisions about your future.

First: Your Activities

Which of the activities below are important to you? Which experiences help bring your central beliefs to life? Circle eight terms below.

Activity	Encouraging	Playing
Acting	Giving	Reading
Collaborating	Leading	Serving
Communicating	Listening	Speaking
Connecting	Mentoring	Studying
Challenging	Musical	Teaching
Creating	Organizing	Traveling
Dreaming	Planning	Writing

Your Central Beliefs and Motivators

Circle the words that resonate with who you are. Which of the words below are significant to you personally?
Circle twelve terms below.

Aid	Healthy	Relationships
Authenticity	Helping Others	Respect
Appearance	Humility	Responsibility
Bravery	Humor	Safety
Cooperation	Imaginative	Support
Communication	Independence	Trustworthiness
Consistency	Innovation	Unity
Decisive	Justice	Unique
Delegate	Leadership	Vision
Discipline	Learning	Wisdom
Energy	Love	Work-ethic
Excellence	Mercy	
Faith	Originality	Other Words:
Faithfulness	Passion	
Family	Patience	
Giving	Peaceful	
Gracious	Philanthropy	
Groups	Politeness	

Your Individuality

Now, let's discover what words best describe different aspects of your individuality! What qualities characterize who you really are? Circle eight terms below. Feel free to add words that are fitting.

Adventurer	Fun-loving	Peaceful
Advertiser	Harmonious	Spontaneous
Careful	Independent	Studious
Competitive	Inspiring	Tolerant
Connected	Introverted	Powerful
Conservative	Motivated	Reserved
Disorganized	Optimistic	Serious
Dreamer	Organized	Steady
Extrovert	Patient	

Second: Your Central Beliefs and Motivators

Of the twelve words your circled under Central Beliefs and Motivators, choose the seven that are most true to you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Your Individuality

Of the eight words, you chose under Your Individuality, choose the top five that are most true of you.

1. _____
2. _____
3. _____
4. _____
5. _____

Your Activities

Of the eight words that you circled under Your Experiences, choose the five that are most true of you.

1. _____
2. _____
3. _____
4. _____
5. _____

Third: *Your Final List.*

Trim your final list down to 5 Central Beliefs, the 2 most significant individuality traits, and your top 3 experiences.

Central Beliefs	Individuality	Activities
1.	1.	1.
2.	2.	2.
3.		3.
4.		
5.		

Fourth:

Now that you have identified who you are and what's important to you, use these concepts to write an initial draft of your life purpose statement. Use the sample purpose statement below to guide your thinking, but make sure you express it in a way that is meaningful and unique to you. Feel free to choose words that are not on the lists above.

Example 1: My life's endeavor is to encourage others by being authentic and affirming and to connect and inspire others to achieve their dreams.

Your Personal Life Purpose Statement

Write your initial draft below. This is a fantastic launching pad to put into words who you are and what you desire to do. As you grow and understand yourself more, continue to refine your life purpose statement until it resonates with you fully.
