

The Life Purpose Exercise

Complete your life purpose exercise today! Relax and have some fun with it.

1

List two of your unique personal qualities, such as *enthusiasm* and *creativity*.

2

List one or two ways you enjoy expressing those qualities when interacting with others, such as to *support* and to *inspire*.

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? Write your answer as a statement, in the present tense, describing the ultimate condition, the perfect world as you see it and feel it. Remember, a perfect world is a fun place to be.

EXAMPLE: *Everyone is freely expressing their own unique talents. Everyone is working in harmony. Everyone is expressing love.*

4

Combine the three prior subdivisions of this paragraph into a single statement (see example on the next page).

EXAMPLE: *My purpose is to use my creativity and enthusiasm to support and inspire others to freely express their talents in a harmonious and loving way.*

Here are some examples of life purpose statements that people in my recent workshops have written:

- To use my humor, creativity, and knowledge to inspire, uplift, and empower people in recovery to stay sober. (Recovery coach and author)
- To inspire and empower small business owners to systematize for easier revenue generation. (Small-business consultant and author)
- To inspire people to have faith in themselves and believe in their natural genius. (Educator)
- To raise healthy, prosperous children who make a difference in the world. (Full-time homemaker)
- To create a world in which people are living ecologically sustainable, spiritually fulfilling, and socially just lives. (Environmentalist and social activist)
- To use my vast knowledge of integrative medicine to educate, inspire, and empower people to live longer and healthier lives. (Holistic medical doctor)
- To live every day to the fullest, and give back as much as possible, while appreciating someone special every day. (Contractor and home builder)
- To live my life with integrity and compassion while serving others, and to always value the unexpected. (Fireman)