

# Discovering Your Purpose



*Take your time.*

**It could take a few weeks for you to land on your purpose. And that's absolutely fine!**

Your purpose is your underlying reason for being that gives your life meaning.

It does not need to be lofty. It's not about anyone but you. It's the thing that gives meaning to your life, not what someone else thinks you should do with your life.

It's important to remember that nothing is written in stone. Your purpose may change as you grow and mature and have new experiences.

So be kind to yourself during this process.  
No perfectionism allowed!

## *Examples of Purpose Statements*

*To be happy and make others happy.*

- the Dalai Lama

*To be a teacher.*

- Oprah Winfrey.

*To have fun and learn from my mistakes.*

- Richard Branson

*To live a creative life and to help others do so too.*

- me

### **Other examples :**

*To live in balance and harmony with nature.*

*To lead change and work towards a gender equal world.*

*To be a catalyst for growth and innovation.*

*To be loved and loving.*

*You've been on purpose many times in your life.*

## List the times in your life when you knew you were on purpose.

The times when you felt aligned with yourself and with your place in the world.

You might have been experiencing a sense of flow or been so absorbed in the moment, you lost track of time.

Use your gut instincts. You may not be able to articulate exactly what it was that made you feel that you were on purpose and that's okay.

Write your examples quickly, without overthinking them.

They may be from childhood, your career, your personal life, when you were traveling, etc.

You can choose examples from the entire span of your life, but if possible, give particular focus to the last 5 to 10 years.

*Explore your moments of being on purpose.*

**For each of your moments of being on purpose, write a few sentences about the experience.**

What did you do?

How did it feel?

Were you alone or with other people?

What about the experience was of value to you?

What were the key ingredients that led to you feeling that you were on purpose?

*Explore commonalities and themes.*

**Looking at your notes, do any commonalities or themes arise?**

Write them down. There may be just one or two.

*Draft your purpose statement.*

**Give it a try. Just one or two sentences.**

**Remember:**

**No perfectionism allowed!**

**Your statement is about you and no one else.**

**It can be small or lofty. That's up to you because it's about you.**

*Test it.*

**Read your purpose statement out loud.**

Does it give you clarity?

Do you feel a strong connection to it?

Do you have a desire to fulfill it?

Do your interests naturally gravitate toward fulfilling it?

Does the idea of fulfilling it fill you with deep joy?

**If you answered yes to all of the above questions, good for you!**

**If not, give it another try. You'll get there!**