

Activity 14.2: My Life Purpose Statement

Use this activity to create and refine a statement of your life purpose that aligns with your values.

Background. Remember that your life is a journey, and clarifying and editing your life purpose is an ongoing process. Take your time; ponder what makes you happy and what's most important over the long term. All the resources in the proceeding chapters and next five chapters can assist you. Don't worry about perfection you'll have at least three opportunities in this exercise alone to refine your current life purpose. If you haven't already you'll to draft your life purpose, or add a statement of life purpose to your mission statement. You'll next create a second draft by evaluating key aspects of it to make sure it is truly meaningful to you. Before finalizing your "Life Purpose Statement" you are encourage to test it out over a month and consider the remaining activities in the Life Purpose Domain.

Part 1: Review your mission statement (Activity 3: Part 3.)

If you haven't already done so, review your personal mission statement to make sure that it encompasses your values and your unique strengths, and includes serving the people in your life that are important to you. Dream big. If you haven't already articulated your key values or your "rules to live by" write them down below:

Part 2: Draft your life's purpose statement.

Your life purpose is what provides meaning in your life on a daily basis: what makes you happy. It defines how you use your productive hours and should encompass your overall life accomplishments. If you don't already have all the skills and abilities to accomplish your life purpose now it's ok – Draft it as your "Live Purpose Vision." Key component to consider:

- ◇ efficacy—the belief that you can make a difference
- ◇ self-worth—reasons for believing you are a good and worthy person
- ◇ purpose—your objective and goal fulfillment
- ◇ do what your gut, your heart tells you to do.

My Life's Purpose: 1st Draft _____/20 _____

Part 2. Could any of these resource(s) help you? *If you are not happy with your first draft or otherwise feel you could benefit from expert guidance you are encouraged to read at least one of the following before you finalize your life purpose statement.*

- ❑ S. Covey, *The Seven Habits of Highly Effective People: Restoring the Character Ethic* (New York: Simon and Shuster, 1989): All audiences. Mission statement builder: <http://msb.franklincovey.com/>
- ❑ M. Jay, *The Defining Decade: Why Your Twenties Matter-And How to Make the Most of Them Now* (New York: Hatcher, 2013): Under 30.
- ❑ D. Milliman, *The Life You Were Born to Live: A Guide to Finding your Purpose*, (Novato, CA: H. R. Kramer, 1993): Baby boom era folks.
- ❑ E. Tolle, *Awakening to Your Life's Purpose* (New York: Plume, 2008): New Age, women.
- ❑ R. Warren, *The Purpose Driven Life: What on Earth am I here for?* (Grand Rapids, MI: Zondervan, 2004): Christian.
- ❑ White, Ray, "[Identify Your Higher Purpose,](http://connectinghappinessandsuccess.com/wp-content/uploads/2013/09/Identifying-Your-Higher-Purpose-12_30_12.pdf)" from *Connecting Happiness and Success* (Lewisville, TX: Xilo Media, 2014), retrieved on June 4, 2016, from http://connectinghappinessandsuccess.com/wp-content/uploads/2013/09/Identifying-Your-Higher-Purpose-12_30_12.pdf

Part 3: Second draft considerations for an even more powerful statement

You are encouraged to consider all of the following ideas before redrafting your life's purpose statement below. If you can confidently answer "Yes!" to the following questions, consider tweaking your statement until you can answer affirmatively.

Does your life purpose:

- ◇ include all key aspects of your life (not just your professional life)
- ◇ focus your energy and time?
- ◇ make you happy?
- ◇ include your strengths? Which ones?
- ◇ include key aspects of what you need to do (or not do) to successfully accomplish your purpose?
- ◇ Include key people in your life (if not see Activity 16.1 and 16.2)?
- ◇ simplifies your life (or are you taking on too much)?
- ◇ reduces stress (or is just adding pressure)?

My Life's Purpose: 2nd Draft _____/20__