

Find Your Purpose

Love What You Do and Live a Happy Life

We all want to know we're making a difference. How we make that difference varies for everyone—it could be through work, family, charity, little league sports or another endeavor that allows you to achieve goals and help other people.

Use this worksheet to think about what makes you, you; what your skills and interests can offer other people; and what you need to change, improve or eliminate in order to pursue your passion.

Ask Yourself These Questions:

- 1. What do you choose to do with your free time?** What activities are you drawn to and why? Is it natural talent, a personal interest, simply what you have around you, or something else?
- 2. What activities make you lose track of time?** When do you get in the zone? Have you ever been so invested in a project you lose track of time for hours?
- 3. Where do your talents reside?** What comes easy to you? What activities feel natural and comfortable?
- 4. Which people, places and activities make you feel energized?** Not complacent, but energized and excited.
- 5. What do your family and friends think?** Have you often been told you're perfect for a certain job or career? Do people close to you seek your advice on certain subjects?
- 6. What morals or values guide your life?** What do you feel strongly about? On which subjects are you unwilling to budge?
- 7. What are your biggest life goals?** Go big with this one—what experiences would you regret missing out on? Are there places you need to visit? Activities you need to try? People you need to work with?

Make a Roadmap to Your Purpose

After you've considered the questions above, start thinking about a plan that will guide you to where you want to go. Consider what you need to change, improve or stop in order to follow your passion, as well as tactics you can implement to make lasting, not superficial, progress. Complete this exercise for as many goals as you like.

Create Your Roadmap

This week, I will take a step closer to my purpose by:

In the next month, I will take a step closer to my purpose by:

By this time next year, I hope to achieve this goal:

Changes Necessary to Achieve Your Goal

Write down a situation you hope to change, improve or stop (repeat as needed).

What Changes Will You Make?

I will change/improve/stop _____	by _____
I will change/improve/stop _____	by _____
I will change/improve/stop _____	by _____
I will change/improve/stop _____	by _____
I will change/improve/stop _____	by _____

If you have trouble determining a charitable enterprise, new interest or life change that will help you feel fulfilled, that's okay! Continue to think about it and seek out new experiences that may open up unexpected avenues.



Employer Activity Tracking

Please complete the following information and submit it to your employer to receive credit for this activity:

Name:

Date:

Did you take time to reflect on your purpose?

YES NO

Did you complete your roadmap?

YES NO

If yes, on what date did you take your first step closer to your purpose?

Did you write down changes you must make to achieve your goal?

YES NO

Are you satisfied with the outcome or your progress toward success?

YES NO