

# Clarifying Purpose

## Your Life's Purpose

This exercise is a simple and powerful way to craft a concise statement of your life's purpose. You can use it to guide your future behaviors and decision-making.

If you feel you're unclear as to your current purpose, if you would like to recalibrate, or if you'd like confirmation that you're indeed on the right track, take a moment to complete the boxes below.

**Are you moving in the right direction?**

**Is your current life in alignment with your purposeful life?**

**Where do you need to make some changes, if any?**

**Are there derailers to your purpose? How can you address them?**

\*There are many ways to defining your purpose. I adapted this version from Jack Canfield's *The Success Principles*. Jack credits adapting his version from Arnold M. Patent author of *You Can Have It All*. (Good sources are good sources; sharing and promoting the craft of others is a good purpose as well.)

**List two of your unique personal qualities, such as *humor* and *loyalty*.**

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**List one or more ways you enjoy expressing those qualities when interacting with others, such as *to support, listen, guide, help others become stronger...***

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**Assume the world is perfect. How does this world look to you right now? Present tense a statement or description.**

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**Combine the three post-it notes into a single statement.** *Example: My purpose is to use my humor and loyalty to support, listen, guide, and laugh with people so they can become more open, honest with themselves, and work better together.*

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