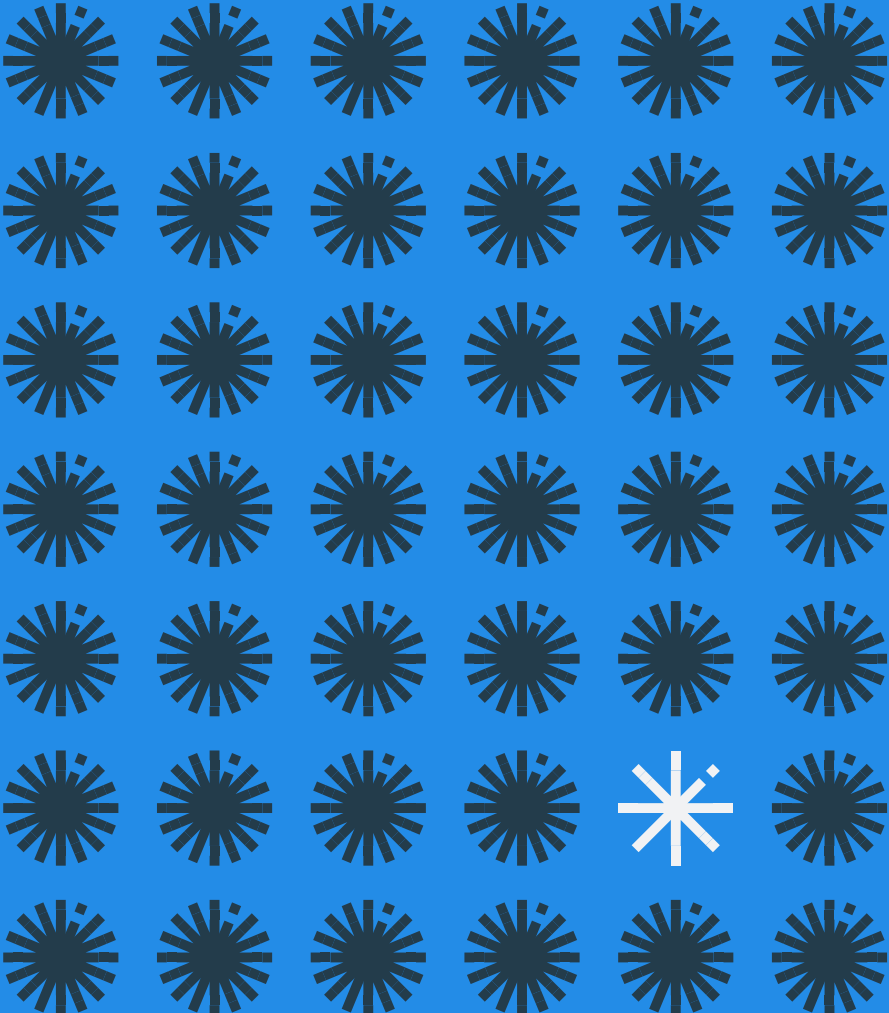



# Purpose journal



This is a fillable PDF document. The  icon let's you know when a field can be written in.

# Purpose journal

1- What did you absolutely love to do as a child? What childhood passions brought you the most joy? Which memories most electrify your body/mind when you think of them?



“The two most important days in  
your life are the day you are born,  
and the day you find out why.”

-Mark Twain

2- As a young child, what fantasy games did you play and which character were you in these stories?



3- What is true about you today that would make your 8 year old self cry? What have you stopped doing that once lit you up from the inside?!?





4- As an adult, when did you feel you really made a difference?  
What were you doing? To whom or what did you make  
a difference?





“What is it you plan to do with  
your one wild and precious life?”

–Mary Oliver

5- What makes you forget time and everything (even eating and the bathroom)?



6- What qualities did your mentors see in you that made them invest their energies in you?



“Before you tell your life what you intend to do with it, listen for what it intends to do with you. Before you tell your life what truths and values you have decided to live up to, let your life tell you what truths you embody, what values you represent.”

–Parker J. Palmer

7- Who do you envy? Of whom are you jealous and why?  
What could be a calling expressed through that feeling  
of jealousy?



“Does what goes on inside show on the outside? Someone has a great fire in his soul and nobody ever comes to warm themselves at it, and passers-by see nothing but a little smoke at the top of the chimney.”

-Vincent Van Gogh

8- If you knew you would die 3 years from today, what would you do with the time you have? 3 years is long enough to change almost anything in the world if you really put your all into it. What's important enough to deserve your all?



# Darkest moment of your life

Think back to the Path of Life exercise and the darkest moment you reflected on there. What within you, was key to helping you get through these moments? Which of your values came to the forefront? What is a new learning or quality that you acquired through that experience?





# Your strengths

The strengths you see in yourself and people around you see in you.



# Sharing and social mirroring

Tell your story (quick run-through from the answers of the solo journaling work, even if not all complete).

Then listen to the feedback you get from your trio members. Jot down, record, take a picture, of what your trio members are giving you.





# Putting it all together

Using your Purpose Journal answers as input, write down the first core components of your purpose that is emerging for you – just words, thoughts, impressions, metaphors, analogies, etc. If you have a complete sentence that's great, but don't worry about that at this point.



# Putting it all together

Use your initial thoughts, impressions, metaphors, etc to start shaping a first version of your Purpose Statement in the following format:

I am the \_\_\_\_\_ (metaphor of your being) that \_\_\_\_\_ (impact in the world).

My purpose is:



# Homework

Listen to what others appreciate about you. Reach out to your loved ones (i.e., family members, close friends, colleagues) and ask them what they would miss most if you disappeared and were replaced by someone equally capable and talented.



“Life is never made unbearable by circumstances, but only by a lack of meaning and purpose.”

-Viktor Frankl

# Purpose journal

\***THNK**

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