

Developing Your Purpose Statement

A soul without a high aim is like a ship without a rudder – Eileen Caddy

Our purpose... is not a thing, place, occupation title, or even a talent. Our purpose is to be. Our purpose is how we live life, not what role we live. Our purpose is found each moment as we make choices to be who we really are – Carol Adrienne

This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.

I am of the opinion that my life belongs to the whole community, and as long as I live it is my privilege to do for it whatever I can.

I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake. Life is no “brief candle” for me. It is a sort of splendid torch, which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations. - George Bernard Shaw

Developing your life purpose is rarely a one-time event. More often than not, it's a process that requires patience, quiet insight and inspiration. In order to discover your purpose, you'll want to pay attention to what stirs your passions, fills your heart and what comes naturally to you. When you are living on purpose, you are often in flow and you lose track of time. Money is rarely an issue with purpose, though economic value usually flows to those who are living on purpose. On purpose, you feel alive, useful, of service to humanity and a part of all that is. (Part this process contributed by New Vibe Training – newvibetraining.com)

STEP 1, Laying the foundation, (Write a short paragraph on each of the following questions):

- What do I love to do?
- What comes naturally to me?
- What do I feel passionate about?
- I've been happiest in my life when...
- I have been told that I'm good at...
- When I was young, I always wanted to...

STEP 2, Write down activities you love to do or would love to do:

1. I love to... _____.

2. I love to... _____.

3. I love to... _____.

4. I love to... _____.

STEP 3, Write down what you love about yourself or others admire about you:

1. I am... _____.

2. I am... _____.

3. I am... _____.

4. I am... _____.

STEP 4, Write down your gifts & talents you possess or would like to possess:

1. I possess... _____.

2. I possess... _____.

3. I possess... _____.

4. I possess... _____.

STEP 5, Create your purpose statement from the previous 4 exercise components:

I love to... _____

I am... _____

I possess... _____

My Purpose is... _____
