

## **EXPLORE YOUR PURPOSE**

Living on purpose—and living with purpose—can sometimes be confused with life’s meaning, or ‘living a life with meaning.’ Our lives could be lived without purpose, but still have meaning.

Meaning is assigned to our life events; it’s an interpretive act. Alternatively, **purpose is the constant intentionality of our actions.**

**Your purpose is what you resolve to do. It answers the question “Why?”**

When you explore your purpose, you’re asked to take a deeply personal look inside, as all aspects of you – your body, your emotions, your spirit, and your mind – may inform you as you’re exploring and clarifying your purpose.

Your purpose is defining your imprint on the world you live in. What is your gift, your unique contribution to the world? What are you here to do and who are you meant to be? Take your time – it’s an important exploration. I wish you fun, patience, and an open mind and heart in the process.

### **Questions to ponder:**

1. At 5-10 years of age: What did you lose yourself in? What could you immerse yourself in and engage so deeply that you lost track of time?
2. When do you feel most alive? What activities do set you on fire, make your heart sing, fill you with joy, or simply conjure a smile of contentment on your face? Now, why do these activities matter so much to you? What about them matters so much to you?
3. Who are you being when you’re at your best? What qualities do people compliment you on?
4. What legacy do you want to leave behind? How do you want to be remembered?
5. Who do you most admire and why? What about that person do you find inspiring, encouraging, extraordinary or admirable?
6. What in your current or dreamt-of work matters so much to you that you choose/desire to do it? What is it all about?

### **Exercise:**

Please send an email to at least 5-10 people you trust and ask them to answer the following questions about you:

1. How would you describe me in one word?
2. What do you perceive as unique about me and/or my services?
3. What do you think my purpose is? What am I here to do/be as far as you can tell?

**Enjoy the process!**