**Life Purpose**

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| Overview | |
| If you want to be fulfilled, happy, content, and experience inner peace and ultimate fulfillment, it’s critical that you learn how to find your passion and **Life Purpose**. Your Life Purpose consists of the central motivating aims of your life—the reasons you get up in the morning. Purpose can guide life decisions, influence behavior, shape goals, offer a sense of direction, and create meaning. A personal mission statement is an expression of your reason for being and many believe it is the key to finding your path in life; it focuses on the practice of what you need to be doing. | |
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| Instructions | |
| 1. **WATCH** the video “Defining Your Life Purpose” at <https://youtu.be/uvDIBfxfW0o>. 2. **ANSWER** the FIVE “Life Purpose Questions” (Question 1 to 5) in the boxes below. 3. **DEFINE** Your Life Purpose in Question 6: “WHAT is Your Purpose in Life?” 4. **ANSWER** Question 7, "WHY are the Five Life Purpose Questions So Powerful?" 5. **WRITE** your Elevator Speech in Question 8: "WHAT Do You Do?" | |
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| 1. WHO Are You? (0:15) | |
| *What is your name (literally just write your name)?* | |
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| 2. WHAT Do You Do? (0:26) | |
| *What do you love to do; what is the one thing you feel qualified to teach other people?* | |
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| 3. WHO Do You Do It For? (1:06) | |
| *For which individuals or groups of people do you do what you do?* | |
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| 4. WHAT Do Those People Want and Need? (1:28) | |
| *What do those people come to you to for or for help with?* | |
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| 5. HOW Do They Change as a Result? (1:45) | |
| *How do those people change or transform because of what you give them?* | |
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| 6. WHAT is Your Purpose in Life? (2:01) | |
| *Combine the five statements above into a single sentence that explains your life purpose.* | |
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| 7. WHAT Do You Do? (3:43) | |
| *Explain how what you do changes the people you do it for – thereby creating your personal elevator speech.* | |
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