**Life Purpose**

|  |
| --- |
| 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. |
|  |
| 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?"
 |
|  |
| 1. WHO Are You? (0:15) |
| *What is your name (literally just write your name)?* |
|    |
|  |  |
| 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?* |
|  |
|  |  |
| 3. WHO Do You Do It For? (1:06) |
| *For which individuals or groups of people do you do what you do?* |
|  |
| 4. WHAT Do Those People Want and Need? (1:28) |
| *What do those people come to you to for or for help with?* |
|  |
|  |  |
| 5. HOW Do They Change as a Result? (1:45) |
| *How do those people change or transform because of what you give them?* |
|  |
|  |  |
| 6. WHAT is Your Purpose in Life? (2:01) |
| *Combine the five statements above into a single sentence that explains your life purpose.* |
|  |
|  |  |
| 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.* |
|  |