

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/uvDIBxfW0o>.
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.