Creating Your Purpose Statement

# Introduction

This worksheet is in alignment with Module 2, Lesson 2 of your course. Your goal is to work through the 5 questions below.

# Considerations

If you recall, in the lesson I gave you 6 factors to consider when creating your purpose statement:

* Carve out some quiet, focused time
* Get rid of distractions
* Use the prompts/considerations
* Start working through the worksheet
* Take a day or two to rest on it, then come back and review and adjust
* Rinse, repeat as much as you need to!

# Principles to Consider When Creating Your Purpose

In the lesson, I introduced the following principles to consider when creating your purpose:

* Authentic
* Clarity
* Inspire yourself
* Aspirational
* Specific
* Adaptable
* Align with your vision and values

# Steps

Below, I walk you through some questions that at first seem a little disparate, but in the end will come together to help you create your purpose statement. Take some time to answer each question individually, and then at the end you will start to pull them altogether.

1. **Identify What Drives You in Life**

*Start by identifying 3 or so things in your life that really drive you. What are you passionate about? What is important in your life? Would that thing that drives you, help you make decisions about a better life? For instance, Michael chose “coach and support others” because that is something truly meaningful to him, and he loves the feeling of having helped other people. He also chose “Live your best life” because at the end of each day he found he kept asking himself that question, and he realized over time it was meaningful to him.*

1. **Identify Who You May Want to Be**

*Your purpose statement is as much about who you want to “be” as much as it is about doing something important. Brainstorm/List a few ideas of things you want to be in your life. E.g. “I will be the best High Performance Coach I can be”.*

1. **Define Any Principles You Want to Live Your Life By**

*A personal purpose statement serves as a guiding principle that aligns your actions and decisions with your core values. It provides a moral and ethical compass, ensuring that your pursuits and achievements are in harmony with what truly matters to you. You can use your Values from Module 2 Lesson 3 here, or you can create some other principles you may want to consider. E.g. Michael chose the ideas of “Excellence”, “Honest”, “live with passion” for his.*

1. **Identify your “what’s” and your “whys”**

*A large part of your purpose is creating a sense of what makes your life fulfilling, or your reasons why you do the things you do. Spend some time thinking about your big “what” and “why” statements or ideas: what is important to me? Why is that important? Why are the activities and values I choose important to me?*

1. **Tie it All Together**

*Now, tie together some of the concepts from the previous 4 questions. You may come up with only one long sentence, or a couple of sentences together. Keep it clear, concise, and inspirational. Ensure that it reflects your authentic self and serves as a source of motivation for your journey toward a thriving life. Consider incorporating elements such as alignment with values, positive language, and aspirations.*