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For Performance Potential Ltd

PERFORMANCE
POTENTIAL^{LTD}

WORKSHEET

FINDING YOUR LIFE'S PURPOSE

AWARENESS

SESSION 1 WORKSHEET: FINDING YOUR LIFE'S PURPOSE



It is very rare that anyone who has asked themselves the question, what is my purpose in life? comes up with an answer straight away. The majority of people start from a place of uncertainty.

Finding your purpose isn't something that can be done overnight; it can be a lifelong journey, taking one step at a time. It is more than just a cliché or a dream that will never be fulfilled. It's actually a tool for a better, happier and healthier life that too few people attempt to use.

As you get further into the course you will be able to clearly define and articulate your goals. But before you do that, you must have an understanding of what your purpose in life is. This can be defined by how you use your individual gifts and talents to make a living and also making a difference in the world.

There's a good chance you're already displaying your passion and purpose to those around you without even realizing it.

My purpose has come about by combining some of my greatest loves in life, in the form of spirituality, sports psychology, coaching and a desire to help people and teams to become their best.

Finding my purpose in life has enabled me to have a continuous passion in exploring how I can become the best I can be for myself and others, placing spirituality at the centre of my growth and development and in the process, helping to assist change and transformation in other people's lives.

EXERCISE: DISCOVERING YOUR LIFE'S PURPOSE

The following statements/questions are to help pin down ideas about your life's purpose. Answer them as honestly as possible.

- 1) Being that love is the foundation of purpose...
Write down a list of **up to 10 things you love doing**.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

- 2) Living your purpose means waking up every morning excited. The moment your feet hits the ground; you can't wait to make a difference in the life of another...

What energizes you? What makes you come alive?

- 3) Explore your interests... **What things do you like to talk about? What things do you enjoy sharing on social media?**

- 4) When you find something that you are willing to sacrifice a lot for, you are on the road to finding your purpose. **What is the one thing, you would like to make a real difference to?**

- 5) **List your special skills and talents.** Write as many or as little as you like.

- 6) By figuring out the specific person, people, or cause you want to help, you can more easily find your purpose. **Who do you want to help?**

- 7) With your unique skills, talents, passion, loves and interests, ask yourself *how can I make a difference?* **What one thing would you do if you knew you couldn't fail?**

- 8) To finish this exercise, complete the following statement:
At the age of 85, I will know I have fulfilled my purpose when...

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