

Life Purpose Worksheet

Instructions: This worksheet is designed to help you uncover your core values, passions, and guiding principles. By aligning your daily actions with what truly matters to you, you can cultivate a sense of deep fulfillment and live a more intentional life. Take your time to reflect and be honest with your answers.

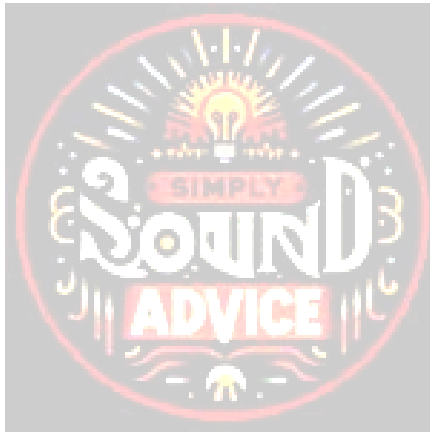
1. Identify Your Core Values

Core values are the principles that guide your decisions and define what's most important to you. These values shape your sense of purpose.

Examples: Honesty, kindness, creativity, adventure, family, growth, contribution.

What are your top five core values?

1. _____
2. _____
3. _____
4. _____
5. _____



2. Discover Your Passions

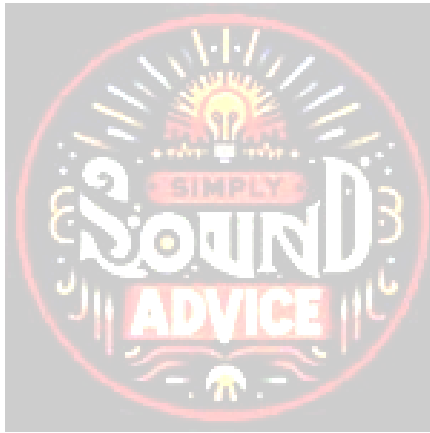
Think about the activities or topics that excite you, energize you, or make you lose track of time.

Reflection Questions:

- What hobbies or interests bring you joy?
- What problems do you feel passionate about solving?
- What would you do if money wasn't a concern?

List your top three passions:

1. _____
2. _____
3. _____



3. Reflect on Your Strengths and Skills

Understanding your unique strengths can help you find ways to contribute meaningfully to the world.

Reflection Questions:

- What are you naturally good at?
- What do others often compliment you on?
- What skills have you developed through work, education, or life experiences?

List your top three strengths or skills:

1. _____
2. _____
3. _____



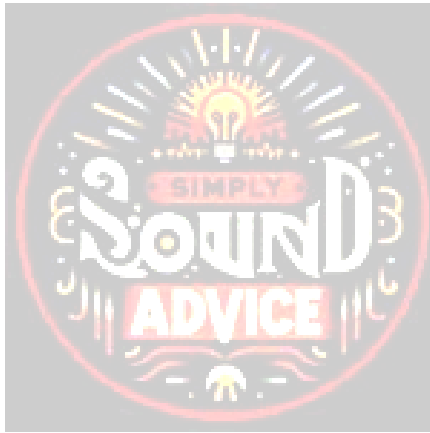
4. Define Your Ideal Impact

Think about the difference you want to make in the world or how you want to influence others.

Reflection Questions:

- What legacy do you want to leave behind?
- How do you want to be remembered by friends, family, or your community?
- What causes or movements resonate deeply with you?

Describe the impact you want to have:



5. Align Your Actions with Your Purpose

Take your core values, passions, strengths, and ideal impact, and consider how you can integrate them into your daily life.

Reflection Questions:

- What changes can you make to better align your actions with your values?
- Are there habits or routines you can adopt to live more intentionally?
- What short-term and long-term goals can you set to reflect your purpose?

Action Plan:

1. _____
2. _____
3. _____



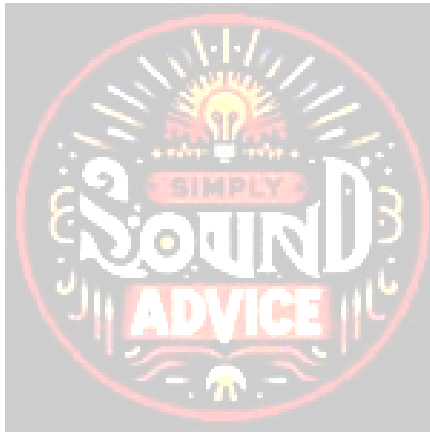
6. Create Your Life Purpose Statement

Using your reflections from this worksheet, craft a clear and inspiring statement that captures your purpose.

Examples:

- “My purpose is to use my creativity and compassion to inspire others and make the world a kinder place.”
- “I strive to grow and help others grow by sharing knowledge and building supportive communities.”

Your Life Purpose Statement:



7. Review and Revisit

Your sense of purpose may evolve over time. Set a reminder to revisit this worksheet every six months to reflect on your journey and make adjustments as needed.

Reflection Questions:

- Have your values or passions changed?
- Are you making progress toward living your purpose?
- What new goals or actions can you take?

Notes for Future Reflections:

Final Thoughts: Living a purposeful life starts with clarity about what truly matters to you. This worksheet is a starting point to align your daily actions with your core values and passions. Remember, your purpose isn't a destination—it's a journey. Take small, intentional steps every day toward living the life you're meant to lead.