



Purpose Discovery Worksheet

Instructions:

This worksheet is designed to help you reflect on your life, values, and goals to gain clarity on your purpose. Take time to answer each question thoughtfully and honestly. Your purpose is a combination of your passions, skills, and the impact you want to make on the world. Remember, life becomes worth living when we're intentional about it.

1. What are my core values?

(List 3-5 core values that guide your life decisions.)

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- _____
- _____
- _____

2. What am I passionate about?

(Think about activities or causes that excite you, give you energy, or make you feel alive.)

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- _____
- _____
- _____
- _____

3. What are my strengths and talents?

(List your skills, natural talents, and things you excel at.)

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- _____
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4. What do I want to be known for?

(Imagine your legacy—how do you want to be remembered by your family, friends, and community?)

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5. Who do I want to help or impact?

(Consider the groups or individuals you feel called to serve or make a difference for.)

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6. What are my long-term goals?

(List 2-3 goals you want to achieve in the next 5-10 years that align with your passions and values.)

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- _____
- _____

7. What obstacles or fears are holding me back?

(Reflect on any limiting beliefs, fears, or external challenges that prevent you from pursuing your purpose.)

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- _____

8. How can I take the first step toward living my purpose today?

(Identify one small, actionable step you can take this week to start aligning your life with your purpose.)

- _____
- _____
- _____

Reflection:

After completing this worksheet, write a short statement that summarises your life's purpose:

"My Purpose is to... _____"