



LIFE PURPOSE EXERCISE

Become Clear about Why You Are Here (Clarify Your Purpose)

1. List two of your unique personal qualities (such as creativity, compassion, service etc.)

_____ + _____

2. List one or two ways you enjoy expressing those qualities when interacting with others, such as to support and to empower.

_____ + _____

3. Assume the world is perfect right now. What does this world look like? How is everyone interacting with everyone else? What does it feel like? This is a statement, in present tense, describing an ultimate condition, the perfect world as you see it and feel it. Remember a perfect world is a fun place to be.

4. Combine the three prior subdivisions of this paragraph into a single statement. Example: My purpose is using my knowledge and empathy to support and empower others to promote the evolution of mankind to impact community.

Passion-Purpose Strategies

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GCT Training – The Transformation Principle – Unleash the Warrior Within (Adapted from the work of Arnold Patent)