

## UR-Nique Purpose Assessment

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| <b>1.</b> | <b>What do I aspire to achieve?</b><br><i>These are things you hope to accomplish in life such as career, personal development, or relationships.</i>  |
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| <b>2.</b> | <b>What are my natural talents and strengths?</b><br><i>Consider your skills and inherent abilities. What tasks or skills come effortlessly to you? Identifying your talents can point you towards potential areas of purpose.</i> |
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| <b>3.</b> | <b>About what issues or causes am I deeply passionate?</b><br><i>Explore the topics or causes that ignite a strong sense of purpose or concern within you. This could lead to a path where you can make a positive impact.</i>     |
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| <b>4.</b> | <b>What challenges or problems do I enjoy solving?</b><br><i>Identify the types of challenges that you find stimulating and enjoyable. This can reveal areas where you can use your skills to make a meaningful difference.</i>    |
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5.	<b>If money were no object, how would I spend my time?</b> <i>Consider how you would allocate your time if financial constraints were not a factor. This can help distinguish between activities you do for fulfillment versus necessity.</i>
6.	<b>What values are most important to me?</b> <i>Reflect on your core values. What principles guide your decisions and actions? Aligning your purpose with your values can lead to a more meaningful and fulfilling life.</i>
7.	<b>What have been my most significant life experiences?</b> <i>Examine key experiences in your life, both positive and negative. What lessons have you learned from these experiences, and how can they inform your sense of purpose?</i>
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