

# PERSONAL PURPOSE WORK



## Pre framing

This takes a lifetime of work of constant reflection and insights.

Today is about going into a deeper reflection than usual and thinking through some of this stuff.

Give it the time and focus and you will receive the rich insights you require.

# PURPOSE EXERCISE

1 - What are the turning points in my life that have shaped who I am? In one sentence, what is the current result of these turning points in terms of what you believe, value or how you see the world?

2 - What do I love doing or what activities cause me to lose track of time?

3 - What do I want out of life?

4 - What things do I most want to see happen on the planet, in this world, in society?

5 - What are my best strengths, skills, capabilities, characteristics?

6 - What do my friends say about me?

# PURPOSE EXERCISE

## IDENTIFY MY PRIORITIES

Review all of my entries to the six questions and identify any common themes.

## CONSTRUCT A FIRST DRAFT OF MY PURPOSE

Write emotively. It's not about have a perfect purpose statements, it's the process of crafting one that moves me that matters.

## READ OUT LOUD MY FIRST DRAFT

Notice and observe as I read it. What moves me, what doesn't?

## REFINE

Refine what doesn't move me until it really connects with my heart and gut.



**P&OD PARTNERS<sup>®</sup>**

**Developing People - Developing Potential**

**TEAM COACHING**  
**LEADERSHIP DEVELOPMENT**  
**ORGANISATIONAL DEVELOPMENT**  
**LEADERSHIP COACHING**  
**FEMALE LEADERSHIP**

**[admin@peopleandodpartners.com](mailto:admin@peopleandodpartners.com)**