

Activity 14.1 Building Blocks to Accomplish My Life’s Purpose

Use this activity to prioritize which topics/activities may help you most to define and accomplish your life purpose.

Part 1: Self-Assessment.

The purpose of this activity is to introduce you to the spectrum of activities available in the Life Purpose domain of the Wellness Compass to help you draft your life purpose, and prioritize what to focus on to be effective in accomplish your life purpose. Using the scale below first evaluate each building block based on your (1) current status, (2) desired status, (3) difference between the two and (4) your desire to change from your current status to your desired status.

Poor 1 Not Important	Fair 2 Low Priority	Adequate 3 Important	Good 4 High Priority	Excellent 5 Most Important
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Rank	Activity	Building block (Activity)	Current Status	Desired Status	Difference	Desire to Change
	14.2	Developing your Life Purpose*				
	15.1	Courageously Changing *				
	15.1	Open-mindedness & flexibility				
	15.1	Innovativeness & creativity				
	15.2	Lifelong Learning & mental sharpness				
	15.2	Professional Success (SWOT) *				
	16.1	Prioritization				
	16.2	Organization				
	16.3	Quality*				
	16.3	Focus*				
	16.3	Persistence/Responsibility*				
	17.1	Wisdom/Intuition				
	17.2	Effectiveness				
	17.3	Financial security *				
	17.4	Spending plan (budget)				
	17.5	Fully Contributing *				
	18.1-18.3	Life Purpose Game (LPG): Aligning your time with your purpose *				
	18.4	Lessons Learned: LPG *	X	X	X	X
	19.1	Maintaining Balance *				

* Indicates these activities are expected to be most useful for all readers to complete, regardless of where the evaluate their current status.

Part 2: Identify your strengths

These could be the items you identified as your highest current scores. Take time to congratulate yourself and clarify why maintaining these strengths are so vital to your continuing success and happiness.

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Part 3: Identify your life purpose target areas

List three to five areas you deem most important to enhance. If you want you can go back to Part 1 and rank your issues based on the largest difference in scores, the lowest scores, your interest in change, or any method you chose. After you list your topic area feel free to outline what specifically you want to apply this issue to first. For instance, if you choose organization, you could choose to organize your finances, your closet, etc. For some issues you may already have a specific date in mind (like April for submitting your annual taxes).

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Note: You are highly encouraged to come back to this list, edit as you go through guidebook activities in the next five chapters, re-ranking as needed until you feel ready to take action and draft a plan to improve a specific goal.

Activity 14.2: My Life Purpose Statement (Mission)

Use this activity to create and refine a statement of your life purpose that aligns with your values.

Background. Remember that your life is a journey, and clarifying and editing your life purpose is an ongoing process. Take your time; ponder what makes you happy and what's most important over the long term. All the resources in the proceeding chapters and next five chapters can assist you. Don't worry about perfection you'll have at least three opportunities in this exercise alone to refine your current life purpose. If you haven't already you'll to draft your life purpose, or add a statement of life purpose to your mission statement. You'll next create a second draft by evaluating key aspects of it to make sure it is truly meaningful to you. Before finalizing your "Life Purpose Statement" you are encourage to test it out over a month and consider the remaining activities in the Life Purpose Domain.

Part 1: Review your mission statement (Activity 3: Part 3.)

If you haven't already done so, review your personal mission statement to make sure that it encompasses your values and your unique strengths, and includes serving the people in your life that are important to you. Dream big. If you haven't already articulated your key values or your "rules to live by" write them down below:

Part 2: Draft your life's purpose statement.

Your life purpose is what provides meaning in your life on a daily basis: what makes you happy. It defines how you use your productive hours and should encompass your overall life accomplishments. If you don't already have all the skills and abilities to accomplish your life purpose now it's ok – Draft it as your "Live Purpose Vision." Key component to consider:

- ◇ efficacy—the belief that you can make a difference
- ◇ self-worth—reasons for believing you are a good and worthy person
- ◇ purpose—your objective and goal fulfillment
- ◇ do what your gut, your heart tells you to do.

My Life's Purpose: 1st Draft _____/20 _____

Part 2. Could any of these resource(s) help you? *If you are not happy with your first draft or otherwise feel you could benefit from expert guidance you are encouraged to read at least one of the following before you finalize your life purpose statement.*