

WORKSHEET

Finding Yourself

It's time for you to focus your attention inward and identify what's most important to you. This is one of the most important steps to knowing yourself better which is a prerequisite to fully "living on purpose."

By the end of this exercise, you'll have a good understanding of what's most important to you in life. We're gonna need this information moving forward in identifying your purpose.

Here are some questions to help you start identifying what you value most. Grab a drink. Get comfy. Take your time. Go slow.

This is the part of the guide that you don't wanna rush. This is the part that you REALLY wanna reflect on because I can't do this work for you. I can't write anything that will ever give you the answers to these questions. This is the work you need to do – the questions you need to answer- in order to fully Live On Purpose.

What were the 5 times in your life when you felt most alive?

1. _____
2. _____
3. _____
4. _____
5. _____

What are the 5 times in your life that made you feel the most proud?

1. _____
2. _____
3. _____
4. _____
5. _____

What are the 5 times in your future that will make you feel the most proud?

1. _____
2. _____
3. _____
4. _____
5. _____

What are 5 qualities that make you classify someone as extraordinary?

1. _____
2. _____
3. _____
4. _____
5. _____

When were 5 times in your life that you were most at peace?

1. _____
2. _____
3. _____
4. _____
5. _____

If you only had a month left to live, what 5 things would you do?

1. _____
2. _____
3. _____
4. _____
5. _____

What 5 things do you care about so much that you'd be willing to die for them?

1. _____
2. _____
3. _____
4. _____
5. _____

All done? Dope.

Now go back and look through your answers. Spend a few minutes thinking about them. You should be able to notice a trend emerging. What are the commonalities that those answers all share? What have you just realized about yourself that you may have forgotten or never even thought of?

1. _____
2. _____
3. _____
4. _____
5. _____