

DEVELOPING YOUR LIFE PURPOSE STATEMENT

"Happiness is a byproduct of function, purpose, and conflict; those who seek happiness for itself seek victory without war." (William S. Burroughs)

Happiness is a byproduct of purpose and there is a fair amount of research that connects an understanding of one's purpose with better health, wellness and resiliency. This project is broken into several steps. It is advised that participants take some time to carefully consider the response to each of the questions.

Step 1: My Unique Qualities and Skills

I am sure that you have several qualities that make you unique. In this first step, I want you to identify the two most important unique qualities or skills that you have. It is important to narrow it down to the two that you believe are most important to you-in other words, if you had to choose only two unique qualities that you could truly rely on to enhance your life, what would they be?

In the space below, list your two unique qualities or skills.

When did you realize that you had these unique qualities?

Can you think of a time recently when you utilized one or both of your unique qualities or skills to accomplish something?

Step 2: My Vision of an Ideal World

Our opinion about the ideal world is generally going to be aligned with the things we value, such as equity, fairness, prosperity, opportunity.

In just a few words, describe your vision of an ideal world, such as *“An ideal world is one in which everyone has the same opportunities and access to the things that make them feel happy, successful and valued.”*

Is there a time when you realized the world was not perfect and you wanted to do something? If so, briefly describe that.

Step 3: My Life Purpose Statement

Review your responses to the questions in steps 1 and 2 and draft a statement regarding how you use (or would like to use) your unique qualities and skills to support your vision of an ideal world. I say “draft” because it is important to know that you may want to revise what you’ve written.

As an example, my own life purpose statement is, *“My purpose is to use my creativity and communication skills to inspire others to think differently and experience joy in every moment.”*

Write your draft below.

Step 4: Reflection

Be conspicuous - Now that you have a life purpose statement written, it is important to think about it regularly. I would encourage you display your statement prominently in a place you spend a lot of time, such as at home or where you work.

Be deliberate - The power of a written and proudly displayed life purpose statement for you is that it will serve as a reminder about what you believe to be your important role. It also helps the people you spend time with--whether at home, work or both--understand what drives you.

Step 5: Feed Your Purpose

Whether at home, work or both, what is one way that you utilize your unique qualities?

If you cannot think of an example, describe one thing you will do in order to begin utilizing your unique qualities or skills at home, work or both.

Make a list of experiences you will take on in the next year that are aligned with your purpose.

What is one experience you will take on in the next five days?

Please feel free to copy and share this document. If you have questions or suggestions for improvement, please contact Mike Haynes directly.