

## Destination: Purpose

All of the stepping stones you have explored throughout this program have been leading you toward a destination—your greater purpose in life.

Now, keep in mind that not everyone will have a clear, succinct purpose statement by the end of this exercise, or even this program. Sometimes our purpose in life is glaringly obvious like a glowing neon sign. Other times it is subtle and ever-changing.

The ultimate goal of this process is to get clear about two things:

- 1) How best you can utilize your potential
- 2) Finding meaning in the experiences of your life.

Look back over all of the activities that you have completed, starting with your childhood influences. What was your early childhood experience training you to do? Who were you being groomed by life to become? What is your role in this world?

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Looking back at your **passions and interests**, which ones stand out as containing the most meaning? What do you feel the most excited about?

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Looking back at your **talents and skills**, which do you feel are the most meaningful? Which abilities fulfill you the most? In what area do you feel drawn to learn and improve the most?

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Looking back now at your personality type and archetype, which of your traits seem like an obvious perfect fit for your passions, talents, and life experiences? What are your absolute best traits? What is your personality perfectly suited for?

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Looking back at the limiting beliefs you identified, in what reasons were you using to hold yourself back? Now that you see everything more clearly, are you ready to let go

of those limitations?

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Then, when looking back at your life path and considering all of the other insights you've gained from your passions, talents, and personality, which life events feel the most connected to your potential?

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Which life events or turning points were absolutely necessary for you to be where you are now, looking at the totality of your life and your potential and seeing for the first time what it is all for?

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What has the path of your life been leading you toward?

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If you knew all of this was going to happen before you came to this Earth, what would have been the point? What was your mission?

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Looking at all of your talents, traits, and experience, how could you make the best use of your potential?

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What is the greater meaning that your life experience has given you?

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Lastly, summarize your insights about what you've learned about yourself into 3 to 5 puzzle pieces or key ingredients that when put together reveal your life's greater purpose.

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And finally, when you put it all together, how would you describe your life's purpose?

My purpose is to:

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