

HIGHER PURPOSE PROCESS™ WORKSHEET

In this worksheet, you will start by completing a four-part sequence of writing prompts on the topic of, *Gifts, Passions, Contributions and Goals*. After completing each of these four sections, you will assemble your free-writing in *Part V: Synthesis*. Finally, in *Part VI: Crafting Your Purpose Statement*, you will use an optional template to draft your first and second version of a Purpose Statement.

We recommend that you do not over-think the first four sections. Successful completion of this worksheet is often the result of an *iterative* process. You will have the opportunity to refine your thoughts through each step of the worksheet. Do not get hung up on having the “right” answer.

Reflect on these questions and write your reflections in the space provided. We recommend that you block 45 minutes to complete parts I-IV and block another 45 minutes to complete parts V & VI. This worksheet is meant to be a guide. We encourage you to work according to your preferred timing and to employ any creative techniques that would be helpful. The purpose of this assignment is not to complete the worksheet but to help you discover your purpose statement.

For more context and direction on the topic of *Purpose*, refer to your Stagen Meaning Module.

PART I: GIFTS

Answer the following questions designed to help you identify your gifts.

1. What are your strengths, talents, skills and abilities? (Use your StrengthsFinder results if appropriate.)

2. What are your unique gifts; the ways of being, doing, thinking, feeling that not only come naturally, but you really enjoy engaging in. Natural gifts are sometimes called “*innate abilities*.” Rather than deplete energy, expressing these gifts brings you energy. *What would your friends and colleagues say are your natural gifts?*

PART II: PASSIONS

Answer the following questions designed to clarify what you are most passionate about.

1. What would you do if you had all the money you could possibly want, and could do anything you want? In other words, if money was no longer a factor in any way, what would you want to spend your time doing? What would you want to use your lifetime to experience or accomplish?

2. If you found out that you only had six months to live, what would you change in your life? How would you prioritize your time, and what would you want to make sure you spent a lot of time doing with your remaining days?

3. If you could solve a problem in the world, or make the world (or simply your community) a better place in some way, what would you do? Is there something that you have a deep conviction about? Is there some area, or some idea, that you'd like to have an impact during your life?

4. During what activities do you feel the greatest sense of happiness and fulfillment? What gives you the most satisfaction? What are you most passionate about?

5. Imagine that you are 100 years old (or whatever age it will be when you are very old and near the end of life) and you are looking back on your life. When you look back at your life, in retrospect, what will you want to have used your life for? In other words, what will have been most fulfilling for you to know you've spent your life doing or experiencing? When you look back, what will have been the most meaningful way to spend your lifetime?

PART III: CONTRIBUTION

Please answer the following questions about the contribution you want to make, and the impact you want to have on the people in your life and the world.

1. What is your sense of mission in life? Do you have a feeling that you are here to do something, or accomplish something? Think back to your childhood. Did you ever have a dream, a vision, or a feeling about what you would do when you grew up?

2. As you think beyond what you want to achieve in your own personal life, over the course of your career and lifetime, what contributions would you like to make to the world (your community, your industry/field, or society)? What impact do you want your life to have on the world after your gone?

3. In Part I we discussed gifts. Like everyone, you have certain unique gifts. What do you think would be some meaningful ways for you to “give your gift” to world? What are ways you could use your gifts to have a significant positive impact?

4. How do you think you can best contribute to the world? What ideas do you have about how you can have a positive impact? Do you have some inkling, or inner sense that you are here to contribute in some way? What is it?

PART IV: GOALS, ETC.

Please answer the following general questions related to key lifetime goals and other ideas that are related to purpose.

1. What are your essential lifetime goals? What are those things that you are very committed to experiencing and/or accomplishing in your lifetime? These are the goals that are crucial to achieve in order to feel good about your life.
2. As you think about your long-term future, what represents the highest level of accomplishment and achievement?
3. Are there any other ideas you have regarding your life's purpose, mission, or related ideas? If you have developed a "Personal Mission Statement" in the past, please type it in here.

PART V: SYNTHESIS

In this section, you'll begin to summarize each of the five earlier sections into short bullet-point lists or words. When complete, this information will be used to synthesize together a concise 'Purpose Statement'.

Part I: Gifts – In the space below, summarize your unique gifts in bulleted format or short phrases.

Part II: Passions – In the space below, summarize your passions in bulleted format or several concise phrases.

Part III: Contribution – In the space below, summarize your most important business and personal values in bulleted format or simply as a list of words or very short phrases.

Part IV: Goals, Etc. – In the space below, summarize your most essential lifetime goals, and any other key ideas related to "life mission" or sense of purpose.

Part VI: DRAFTING YOUR PURPOSE STATEMENT

Begin the creative process of editing the core ideas from the preceding page into a concise purpose statement. You'll create two versions. The first can be 3-5 sentences long. To create the second version, you will continue editing your 3-5 sentences down to 2-3 sentences.

Purpose Statement Formula

Some people find it helpful to use the following formula as a starting place:

My purpose is to use my unique gifts of _____, _____, and _____ to _____ (your passions, lifetime goals and/or impact you want to have with your career and/or your life).

Purpose Statement – Version 1

Create a short paragraph (3-5 sentences max) that summarizes the key ideas on the previous page. The entire statement should fit in the box provided. You can use the above stem sentence if you like.

Purpose Statement – Version 2

Create a concise (2-3 sentences max) that summarizes the key ideas on the previous page. The entire statement should fit in the box provided. You can use the above stem sentence if you like.

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