**HIGHER PURPOSE PROCESSTM WORKSHEET**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PART I: GIFTS**

**Uncovering Natural Gifts**

List those things at which you naturally excel. Next, list those things that are your “gifts” (gifts are things that you are really great at and really enjoy doing).



**Things at which I Excel:**

*These are your strengths, talents, skills and abilities.*

**My Natural Gifts:**

These are your unique gifts – the things that you are not only excellent at, but that you really enjoy and can do nearly effortlessly because they come so naturally. They are sometimes called *innate abilities*. Rather than deplete energy, these things are actually energizing to you.

**PART II: PASSIONS**

**Passion Questions**

Please answer the following questions designed to clarify those things in life that you are most passionate about…things that bring you the most aliveness, meaning, and satisfaction.

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 spend 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 for which you have a deep conviction? Is there some area or some idea in which you’d like to use your life to have an impact?

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

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 on your life for what will you want to have used your life? In other words, what will have been most fulfilling for you to know that 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**

**Making a Positive Impact**

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

1. What is your sense of mission in your 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 for your own personal success, over the course of your career and lifetime, what contributions would you like to make to the world (your community, your industry or field, society)? What impact do you want your life to have on the world after you are gone?

3. In Part II 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 that 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 since that you are here to contribute in some way? What is it?

**PART IV: GOALS, ETC.**

**Additional Brainstorming Questions Related to Purpose**

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, inklings of your life purpose, mission, or related ideas? If you have developed a “Personal Mission Statement” in the past, please type it in here.

**PART V: SYNTHESIS**

**Synthesis of the Five Components**

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 synthesized together into a concise ‘Purpose Statement’.

**Part I: Gifts** – In the space below, summarize your unique gifts in a bulleted format or short phrases (from p. 3).

**Part II: Passions** – In the space below, summarize your passions in bulleted format or several concise phrases (from p. 4).

**Part III: Contribution** – In the space below, summarize your most important business and personal values in bulleted format or simply a list of words or very short phrases (from p. 6).

**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 (from p. 7).

**PURPOSE STATEMENT**

This is the page you use to begin the creative process of editing the core ideas from the preceding page into (the components of purpose) into one paragraph. You’ll create two paragraphs. The first can be 3-5 sentences long. To create the second paragraph, you will edit the first paragraph 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 one short paragraph (3-5 sentences max) that summarize the key ideas on the previous page. The entire statement should fit in the box provided below in 9 pt type. You can use the above stem sentence if you like.

**Purpose Statement – Version 2**

Copy and paste the above paragraph into the box below, and then edit, edit, edit until you can convey the spirit of the same ideas, but do it in only 1-3 sentences! Obviously this forces you to distill the essence of your purpose. Keep in mind this is not something you will necessarily show to anyone else. Only you need to understand it. Although this one is less detailed than the above version, you know what you mean by the words you include and can convey the spirit of the same ideas above in fewer words! The entire statement should fit in the box provided below in 9 pt type.

**Notes:**