**HIGHER PURPOSE PROCESSTM WORKSHEET**

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**PART I: GIFTS**

**Uncovering Natural Gifts**

List those things you are ***excellent*** at. 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 you are not only excellent at, but you really enjoy and can do nearly effortlessly because they come so naturally. Natural gifts are sometimes called “*innate abilities*.” Rather than deplete energy, these things actually energize you.

***Strengthsfinder: Strategic, Woo, Communication, Focus, Significance***

***I’m excellent at weeding through chaos or complexity and seeing patterns and efficiency.***

**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?

***I would want to design and build my own home, or take on a remodel of a large and historic old house and reimagine the space. I would want to make decisions about decorating, furnishings, ultimately with the goal of creating spaces to facilitate human interactions – family, fellowship, fun, friends.***

***We would travel more, and experience not only the sights, but the new cuisines and cultures of different places.***

***I would want to attend more cultural events – ballet, opera, musicals, plays, art exhibitions, restaurants and cuisines.***

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?

***I would spend more time with my children, ensuring they had all the tools and foundations I wanted them to have to lead a life of purpose and impact. I would want to make sure I had coached them and loved them so that they knew what confidence and resilience was.***

***I would change the way I behave with my children and be more loving and nurturing and less of a tiger mom. I would be gentler.***

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?

***I have deep convictions about education. If we can erase ignorance and small thinking, we can resolve other issues of intolerance. I don’t believe in tolerance (that is just letting things slide), but I do believe in inclusivity. If we can educate people to think critically and problem-solve and truly seek understanding, we could reinvent solutions to solve a host of societal evils.***

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?

***When I’m putting things together.***

***It could be seeing a plan at work come together and represent a holistic media approach. It could be assembling the components of a meal and or birthday party décor and seeing the space come together to host. It could be selecting fabrics or items for my home and seeing the design start to gel. It could be introducing friends and seeing the fellowship and interaction of the group. It could be nurturing the bonds of multi-generational or extended family elements.***

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?

***I want to have created connections for people. Connections with ideas, connections with each other. I want to have used my life to create laughter and love.*PART III: CONTRIBUTION**

**Making a Positive Impact**

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?

***I always thought I’d be an architect. Designing things.***

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.**

**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.

***To have a welcoming and beautiful home that people love to spend time together in. To have shown leadership to my daughters, to be a role model they respect and admire and love. To have experienced culture around the world in many facets – cuisine, performing and visual arts, music, architecture and design.***

1. As you think about your long-term future, what represents the highest level of accomplishment and achievement?

***Family legacy -- The life my daughters will lead.***

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

***I think my purpose is to create connections.*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 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 (from p. 1).

**Part II: Passions** – In the space below, summarize your passions in bulleted format or several concise phrases (from p. 42).

**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 (from p. 64).

**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. 76).

**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 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.

**Notes:**

*Feedback: anything, content/not wordsmithing, or essence is ok/how to express content*

*Purpose is a central dimension of mature, integral leadership*

*Helps you achieve clarity about values, vision – gives you firm footing as a leader and strong in presence and communication as a leader*

*Purpose can be in tension with expediency and comfort -- or ease from lack of depth*

*The responsibility from envisioning require purpose, in order to be an exemplar in leadership/business/industry*

***Prewriting:***

***Gifts/strengths: Strategic, Woo, Communication, Focus, Significance.***

***I can able to cull through the chaos and determine patterns, quickly ascertaining themes, implications. I grasp on my “radar” the larger picture and infrastructure of things. I am energized by people and lively events, and communicate with ease in spoken and written word. I am quantitatively adept but prefer creative applications of those skills in development of plans and solutions. I am finely attuned to the visual design for the expression of both work and personal elements.***

***Passion: Things that get you into the zone. Intrinsically satisfying. If money were no object.***

***I would be deeply engaged in design – my home, furniture, home and garden tours, garden design. I might buy and flip houses, or better the neighborhood. I would also design interesting programs for my kids’ enrichment and give them varied cultural exposure in cuisine, art, music, and science – not only athletics which is today’s society focus. We would attend concerts and performances of all kinds. I have no desire to shop or get into fashion, but instead would create a beautiful and warm environment and host people in my home for engaging conversation.***

***Impact: What legacy do you want to leave? What wake behind you? Situations? Issues? People?***

***The scares me and makes me want to cry. My daughters. Their education and cultural exposure. Teaching confidence, resilience, curiosity, kindness. That my love for them is unending, infinite, even though I’m not naturally warm and fuzzy or nurturing. At work that I brought everyone up to a higher level of sophistication in our practices and discipline. Firm but fair. Enabled opportunities for everyone.***

*Don’t wait until you have a health crisis or retire to determine these things. Use the platform that you have via the opportunity of working with other people to make a difference in people’s lives and starting now.*