

LIFE PURPOSE WORKSHEET

Name:

Date:

Identity Inventory

Choose and complete two personality assessments. Write the assessment you used in the blank, then your results and any thoughts on the outcome. (Examples: DiSC, Enneagram, Meyers-Briggs)

Personality Assessment

1st Assessment Used:

Results:

2nd Assessment Used:

Results:

What discoveries did you make about yourself?

LIFE PURPOSE WORKSHEET

Spiritual Gifts Assessment

Suggestion: gifttest.org

Results:

What surprised you about the results from this assessment?

LIFE PURPOSE WORKSHEET

Core Values

What are the most important things in life?

Example: honesty, family, healthy habits, perseverance

Personal:

Work:

Ask a few people in your life to assess your core values based on what they observe in you and make notes here:

LIFE PURPOSE WORKSHEET

Feedback from Others

Ask a few trusted mentors, bosses, or friends from various aspects of life to share their observations of your strengths and weaknesses. Note some of their comments here:

Name:
Comments:

Name:
Comments:

What is the one thing you do better than 10,000 other people?

Reflect on past jobs and activities to determine what brings you the most joy and combine this with observations from trusted friends. You may want to specifically ask your mentors to help you by answering this question as well.

LIFE PURPOSE WORKSHEET

Life Purpose Statement Development

First Draft (up to a paragraph)

Write whatever comes to mind and use extra paper if necessary.
Think of this as a brainstorming step. Spend time pondering
this before moving on to the next draft.

Second Draft (1-2 sentences)

Refine your first draft by narrowing your focus and eliminating components
that don't excite you after thinking about them for a while.
You may want to get feedback from a trusted friend on the first draft.

LIFE PURPOSE WORKSHEET

Life Purpose Statement Development

Final(ish) Version

Sum up your purpose in a single sentence. Don't worry about going back and making changes until it truly feels representative of who you are.