

What's Your Life Purpose

What is your unique capability?

What do you naturally do better than most people?

What do you love to do?

When do you feel the most alive?

What are you passionate about?

What excites you and brings you the greatest joy in your life?

When do you feel the best about yourself?

How do you most enjoy interacting with other people?

What would you change in the world if you could?

What makes you smile? (Activities, people, events, hobbies, projects, etc.)

What are your favorite things to do in the past? What about now?

What activities make you lose track of time?

What makes you feel great about yourself?

Who inspires you most? (Anyone you know or do not know. Family, friends, authors, artists, leaders, etc.) Which qualities inspire you, in each person?

What are you naturally good at? (Skills, abilities, gifts etc.)

What are your personal strengths and characteristics?

What do people typically ask you for help in?

What have others always said that you're really good at?

If you had to teach something, what would you teach?

What would you regret not fully doing, being or having in your life?

What were some challenges, difficulties and hardships you've overcome or are in the process of overcoming? How did you do it?

What causes do you strongly believe in? Connect with?

If you could get a message across to a large group of people. Who would those people be? What would your message be?

Given your interests, talents, passions, skills, gifts and values. How could you use these resources to serve, to help, to contribute? (to people, beings, causes, organization, environment, planet, etc)

In what small way can you make this world a better place? What difference can you make? Just think of the possibilities!

What problem or issue were you born to address?

Think of someone that you deeply respect. Describe 3 equal qualities in that person that you most admire?

Assume the world is perfect right now, what does the world look like, how is everyone interacting with everyone else? What does it feel like? Write answer as a statement, in the present tense, describing the ultimate condition, the perfect world as you see it and feel it. Remember a perfect world is a fun place to be.

Jumping ahead to the end of your life, what are the three most important lessons you've learned and why are they so critical

You are now 80 years old, sitting on a rocking chair outside your porch; you can feel the spring breeze gently brushing against your face. You are blissful and happy, and are pleased with the wonderful life you've been blessed with. Looking back at your life and all that you've achieved and acquired, all the relationships you've developed; what matters to you most? List them out

What would your older 80 year old self tell your younger youthful self now? What would you tell yourself to stop doing?

What would you tell yourself to start doing?

What would you tell yourself to trade your life for from this moment forward till 80 years old?

What would you tell yourself to starting doing right now, from this very moment moving forward?

What kind of legacy do you want to leave? How do you want to be remembered? What qualities and characteristics will people remember you for? What outstanding accomplishments will you have made?

What one sentence inscription would you like to see on your tombstone that would capture who you really were in your life?

Purpose Examples

To inspire and empower people to live their highest vision in a context of love and joy.

To inspire and empower people to achieve their destiny

To uplift humanity's consciousness through business

To humbly serve the Lord by being a loving, playful, powerful, and passionate example of the absolute joy that is available to us the moment we rejoice in God's gifts and sincerely love and serve all of his creations

To create and inspire one million millionaires who each give \$1 million to their church or charity

To educate and inspire people to live their highest self-based in courage, purpose, and joy, versus fear, need, and obligation