

Purpose Discovery Guide

Five questions to help you find your reason for being.

Purpose is not found in a single dramatic moment. It is revealed slowly, through honest reflection on what you love, what you do well, and what the world needs from someone exactly like you. These five questions are your map.

1 WHAT MAKES YOU LOSE TRACK OF TIME?

When you are doing this — hours pass without noticing. List every activity, topic, or role where time disappears for you.

Reflection: These are clues to your natural engagement — where your energy is most alive.

2 WHAT COMES NATURALLY TO YOU THAT OTHERS FIND DIFFICULT?

Skills and abilities you may take for granted because they feel effortless. Ask people who know you well if you're unsure.

Reflection: Natural strengths, when used in service of others, often become purpose.

3 WHAT BREAKS YOUR HEART?

What injustice, suffering, or unmet need in the world creates the deepest response in you? What do you wish someone would fix?

Reflection: The things that move you most are often pointing toward your calling.

4 WHO DO YOU MOST WANT TO HELP?

Describe the person or group of people you feel most drawn to serve. Be as specific as you can — age, situation, struggle, need.

Reflection: Purpose often lives at the intersection of your story and someone else's need.

5 WHAT WOULD YOU DO IF SUCCESS WERE GUARANTEED?

Remove all fear of failure, judgment, or financial risk. What would you build, create, start, or become?

Reflection: This question often reveals what you already know but haven't yet said aloud.

YOUR PURPOSE STATEMENT (DRAFT)

Using your answers above, complete this sentence:

I exist to help _____ (who) to _____ (do what), so that they can
_____ (what becomes possible for them).

"The meaning of life is to find your gift. The purpose of life is to give it away."

— Pablo Picasso | Kindle the Light, Chapter 10