



BE UNSTOPPABLE

COACHING



Design Your Life Purpose

Tool and Worksheet





Design Your Life Purpose

Everything in this universe has a purpose. The sun gives earth warmth and energy to flourish plants, animals and life. Plants and animals are reliant on each other as a source of fuel to survive. Humans rely on technological development to keep us healthy, connected, educated, and able to enjoy all that life has to offer, through tangible and intangible means, and so on. One thing does not exist or function well without the other. Everything has a purpose!

What is your life purpose?

When you are clear on your life purpose, you have the ability to plan your life, allowing you to effectively plan your time. Answer the following questions to help you design your life purpose.

When you were a child, what did you want to be when you grew up?

Why did you want to be that? What difference did you want to make in the world?

When you were a teenager or young adult, what did you want to be when you grew up?

Why did you want to be that? What difference did you want to make in the world?

What were you doing the last time you were 'on a roll' and thinking that you wanted to do this forever?

What impact will your purpose have on this world? ... your personal the legacy.

Who will you become as a result of fulfilling your purpose?

What needs to happen to make your life purpose a reality?

Self-Assessment ... What is my life perspective? What drives my decisions and actions?

Self-Assessment ... How does my current thinking and emotions effect my decisions and actions?

Self-Assessment ... What is my level of negative self-talk? How do I self-sabotage?

Self-Assessment ... What do I need to learn, do or change to address my self-assessment answers?

What do I need to learn and do to achieve my life purpose?

What makes this so important to me?

What are potential ideas and strategies to achieve my life purpose?

How am I going to celebrate progress milestones along the way?

Life purpose is something that YOU DESIGN and YOU DRIVE

Your life purpose can help you design and write your Life Mission.



Design Your Life Purpose ... Action Goals

What action goals are you going set to achieve your life purpose? Take into consideration what you have reflected on through this exercise and write your goals below, including action steps to begin immediately.

Remember that when you are clear on your life purpose, you have the ability to plan your life, allowing you to effectively plan your time and achieve all that you desire.

GOALS - What are my goals to achieve my life purpose?

ACTION STEPS - What is my plan of action?
