

relapsepreventionplan.net - worksheet

Worksheet: Life Purpose

- √ Quickly without pondering too much, list 10 times over the span of your life when you had a sense of rightness about how you were being, of being in the 'flow' or just being 'on.' Take 5 minutes and write in bullet form what was important about each occasion.

Time # 1:.....

What you were doing?.....

How you felt?.....

Who or what was the key to the experience?.....

.....

Try to describe what was essential to the sense on being 'on purpose'.....

.....

.....

Time # 2:.....

What you were doing?.....

How you felt?.....

Who or what was the key to the experience?.....

.....

Try to describe what was essential to the sense on being 'on purpose'.....

.....

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Time # 3:.....

What you were doing?.....

How you felt?.....

Who or what was the key to the experience?.....

.....

Try to describe what was essential to the sense on being 'on purpose'.....

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Time # 4:.....

What you were doing?.....

How you felt?.....

Who or what was the key to the experience?.....

Worksheet: Life Purpose

Name: _____ Date: _____

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Try to describe what was essential to the sense on being 'on purpose'.....
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.....

Time # 5:.....

What you were doing?.....

How you felt?.....

Who or what was the key to the experience?.....
.....
.....

Try to describe what was essential to the sense on being 'on purpose'.....
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.....

Time # 6:.....

What you were doing?.....

How you felt?.....

Who or what was the key to the experience?.....
.....
.....

Try to describe what was essential to the sense on being 'on purpose'.....
.....
.....

Time # 7:.....

What you were doing?.....

How you felt?.....

Who or what was the key to the experience?.....
.....
.....

Try to describe what was essential to the sense on being 'on purpose'.....
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Time # 8:.....

What you were doing?.....

How you felt?.....

Who or what was the key to the experience?.....
.....
.....

Worksheet: Life Purpose

Name: _____ Date: _____

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Try to describe what was essential to the sense on being 'on purpose'.....

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Time # 9:.....

What you were doing?.....

How you felt?.....

Who or what was the key to the experience?.....

.....

Try to describe what was essential to the sense on being 'on purpose'.....

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Time # 10:.....

What you were doing?.....

How you felt?.....

Who or what was the key to the experience?.....

.....

Try to describe what was essential to the sense on being 'on purpose'.....

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- √ Using your key words and phrases, draft your purpose statement

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- √ Imagine you're able to eavesdrop on your own funeral and using your worksheet, take minutes and answer the following questions

What would you like people to say about you?.....

.....

Worksheet: Life Purpose

Name: _____ Date: _____

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What sort of friend, partner, coworker, parent would you like to have been?.....

What impact would you like your life to have had?.....

What legacy would you like to have left?.....

How would you like to have made a difference in the world?.....

-
- √ Use the ideas from the previous exercise to refine your purpose statement

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- √ Take 3 minutes and with your rocking chair test in mind revise your purpose statement to make it stronger and clearer:

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- √ Write the most important goal or action you need to take to achieve your life purpose in each area:

Relationships:.....

Work/School:.....

Worksheet: Life Purpose

Name: _____ Date: _____

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Home/Community:.....
.....

Physical Health / Mental Health:.....
.....

Communication:.....
.....
.....

√ Take 5 minutes and in bullet form list:

List 2 positive things you will miss out on if you don't accomplish this:.....
.....
.....

List 2 negative things you will have to deal with if you don't follow through:.....
.....
.....

List 3 things that family, friends, and the world will miss out on if you don't live your purpose:.....
.....
.....

List 2 positive feelings and benefits you will gain when you live by your purpose:.....
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.....

List 2 negative things you WON'T have to deal with when you live by your purpose:.....
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Name: _____ Date: _____

My Tipping Point

