



Purpose Statement Form & Exercise

(from page 156 of the book)

First, choose three verbs that are meaningful to you (verbs are listed on the Expanded Verb List).

The verbs that I choose are: _____, _____, and _____.
It's fine if you only have two verbs; if you have more than three, pick the most important ones.

Second, select the person(s), organization, or cause from the list below that will benefit from your life purpose. (nouns are listed as Expanded Noun List)

The group, cause, or organization I want to focus on is: _____. Be specific. If you choose "youth," for example, narrow it down: What age? Are they average? Delinquent? Disabled? Achievers? Creative? Athletic? Shy?

Third, what is it you want to do or have happen with the people, cause, or organization? What's your goal? Again using youth as an example, is your goal with them to increase reading skills, stay out of trouble at school, graduate from high school, help them create an art portfolio, decrease obesity, enhance physical fitness, or start a children's choir? My goal is to _____.

Put it all together in a statement

Insert your words in to this formula: My life purpose is to _____(verb), _____ (verb), and _____(verb) _____(noun/who) to _____(verb).¹

Our "youth" example might be: My life purpose is to

- model, inspire, and educate (verbs);
- middle school boys (people, cause, or organization to benefit);
- to meet the president's guidelines for physical fitness (your goal).

When you put it all together, it reads: My life purpose is to model, inspire, and educate middle school boys to meet the president's guidelines for physical fitness.

If I had done my own statement using this process, it might read: My life purpose is to inspire, encourage, and coach women to live a life that matters. Note, too, how closely this statement aligns with my earlier one, which was "to help people acknowledge their greatness." If you try each of these exercises, you will see consistency in the outcomes.



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