

# Personal Purpose Primer



**How to Re-Boot  
your Resilience**



The most resilient people in the world have a clear sense of purpose.

Being clear on your personal purpose can help you to stay focused on what's most important to you. It can motivate you to push through challenges, or 'get back up' after getting knocked down.

While some people seem to be crystal clear on their purpose and they're living it every day, others seem less clear, or feel as they don't have one at all. If you're not sure what your purpose is, or you can't seem to express it easily – don't worry, you're not alone.

While it might be tempting to wait for some sign from the universe, for a lot of people, their purpose comes from, well, creating it....on purpose!

I made this 'Purpose Primer' just for you.

**This Personal Purpose Primer will help you to create more clarity around your purpose. You can come back to these exercises anytime as you feel your purpose shift, or you just need to remind yourself.**

# Primer # 1: A High Point

Think of a time in your life when you felt like you *were* living your *purpose*, even though you made not have articulated it. You probably felt proud, passionate, and happy. You might have even felt a bit tired as you poured your passion into something that was so important to you.

**01.**

What were you doing at the time?

**02.**

Who were you with? (if anyone)

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**03.**

What was it that made it so satisfying, exalting, or rewarding?



## Primer # 2: Your Best Self

So often, our purpose can show up in our lives at times and we may not be aware of it. What do other people compliment you on? What have you received awards or acknowledgement for? Maybe you've been told you're a good teacher, problem solver, or you're that person that brings everyone else together?

**01.**

What words would you use to describe your *best self*?

**02.**

What have other people told you that you're good at or thanked you for?

**03.**

What are you most proud of?





## Primer # 3: What do you want to stand for?

Have you ever wondered to yourself, 'if only everyone would just \_\_\_\_\_, the world would be a better place? Your answer to that question might provide a clue as to your purpose. For example, you may see how important it is for everyone to treat everyone with respect. And so, you go through your life listening intently, acknowledging what you've heard, and modelling for others how to treat people with respect.

Or perhaps there are things that you *don't* want to see in the world or that drive you crazy? For example, you hate to see people disrespect the environment. That can be a clue.

**01.**

What's one thing that's most important to you in life?

**02.**

The world would be a better place if more people would;

**03.**

If you could make a difference in the world (and you can)  
what would you do or be doing?

**04.**

Though it sounds a bit negative, what's one thing you don't believe in?

# Examples of personal mission statements

Sometimes it can be helpful to hear from other people, what their life's purpose is. Here are a couple of examples of different purpose statements.

The objective here is to give you some examples, but don't feel contained by these. These are just examples that might ignite something in you.

*"To use my gifts of intelligence, charisma, and serial optimism to cultivate the self-worth and net-worth of women around the world."*

**Amanda Steinburg**

Dailyworth.com

*"To be a teacher. And to be known for inspiring my students to be more than they thought they could be."*

**Oprah Winfrey**

*"To create the best and most healthy mouthwatering dishes that tantalize the taste-buds of millions."*

**Unknown**

*"To re-awaken a sense of hope and possibility in everyone I meet and leave them feeling valued and appreciated."*

**Matt MacEachern**

# Creating your Personal Purpose draft

As you reflect back on the 'primer' exercises you just completed, what are some things that stand out for you? What commonalities or themes seem to emerge? There's your clue.

This page is called '*Creating your personal purpose **draft***' because I want you to *let go* of getting it right. There is no right. It's only what resonates with *you*. After all, this is *your* purpose, not someone else's. In fact, while I recommend you practice saying it to people as a way of 'trying it on', no one ever has to see it but you.

Use the informal template below, to try crafting a purpose statement that feels right to you. And remember, you can come back to this anytime you want. You can refine it, change it, or start over.

**Set your timer for 5 minutes and go!**

**My purpose is to:**

(do or be)

For (who or what)


By (how will you do it)

So that (why is it important or what's the benefit)

Once you've got something close, try saying it **out loud**.

Try sharing it with someone you trust and ask for feedback and ideas.

Hint, if as you go to share this out-loud and you start to get choked up, or excited, or adamant? You're probably on to your purpose!



Now that you have a potential purpose – you don't have to 'quit your job', launch into a new profession or become an activist (although you can). There are *many* ways to live your life's purpose. On the next page, use the COMMIT™ method to *accelerate* your momentum in bringing your purpose to life.



# Commit™ to your Purpose

Grab your Personal Purpose Draft. Now brainstorm using the COMMIT™ method below.

C

## *Create Clarity*

What does (or would) it look like when you're living your purpose?  
What are you 'doing'? What is the difference you're making?  
If someone asked, 'what's an example?' what would you say?

O

## *Opportunity*

What are some opportunities you have to live your purpose? For me it might be teaching leaders how to lead others in a way that's positive, or simply listening to someone deeply in a way that they feel heard.  
Brainstorm a list of 10 or more ideas!

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M

## *Move*

Look at your list of possibilities above. Identify 2 ideas that would lead toward your goal.  
Pick **one** and take action **today**! Remember, action creates momentum.

M

## *Measure*

What are some ways you'll know, when you're living your purpose? What result are you seeing? What is working? What's not? What's an idea to improve it?



## *Involve*

Involve others. Who could you SHARE your purpose with? Who could invite to do this with you?  
Or who could you serve through your purpose?



## *Take time*

Take time to celebrate your success. Even one moment. Celebrate the small wins.

Remember, consistency is **KEY**.

Stay with it.

Don't give up. **COMMIT**.