

Purpose and Passions Exercise

Please work through this exercise thoughtfully. Find a quiet place, take your time, and allow your unique gifts and your true self to emerge. Write your thoughts on this sheet, or create your own soft-copy notes. You may find it takes several sessions to complete.

Clue #1: What do you love to do when you have spare time?

Clue #2: What parts of your present job or leisure activities do you thoroughly enjoy?

Clue #3: What aspects of your present job or leisure activities do you not particularly enjoy?

Clue #4: What do you naturally do well?

To compose your purpose statement, synthesizing your responses to the Clues, use the following format:

"My purpose is to [WHAT] through [HOW]. "

“What” is what’s important to you, driving most of your personal and professional choices; it is part of your moral compass/deeply held values and will likely remain relatively unchanged over your lifetime.

The “how” is the way(s) in which the “what” could be expressed in your life as you contemplate a career move; it may change as your life circumstances change and can include personal, professional and civic activities. An example might be:

“My purpose is “to help others –businesses or individuals – improve” through “working in a company with a social justice mission (preferably economic enablement) that embraces diversity, where I am seen as a valuable member of the leadership team and by volunteering at the local library once a month.”

Write your purpose statement here:

"My purpose is to _____

through _____

_____."



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