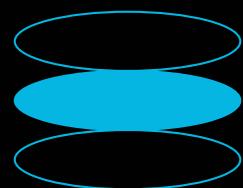




FINDING YOUR PURPOSE

A journey of self-discovery



Exploring Core Values

From the following list (or any other values that come to mind), write down or jot down 10-15 values that resonate with you right now. There are no wrong answers; trust your intuition.

- Authenticity
- Growth
- Freedom
- Integrity
- Community
- Impact
- Balance
- Creativity
- Service
- Happiness
- Courage
- Compassion
- I respect
- Security
- Achievement
- Honesty
- Family
- Health
- Learning
- Harmony
- Justice
- Determination
- Innovation
- Patience
- Gratitude
- Adventure
- *Others (specify):*

My 10-15 Resonant Values:

Now, from your list above, which 5-7 values feel absolutely essential to who you are? If you had to choose, which ones would you never compromise?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

7. _____
8. _____
9. _____
10. _____

Step 3: My 3–5 Non-Negotiable Core Values

From your core values, narrow them down to your 3–5 non-negotiable core values. These are the ones that, if you live them fully, make you feel most authentic and fulfilled.

My 3–5 Non-Negotiable Core Values:

1. _____
2. _____
3. _____
4. _____
5. _____

Brief Reflection: What do these values tell you about yourself?

Section 2: The Power of Your Story

This section invites you to reflect on a key moment that will help you discover your purpose.

My Definitive Moment

Think of a time in your life (personal or professional) when you felt truly alive, deeply connected, and energized. It could be a moment of great joy, a significant achievement, a challenge overcome, or when you felt you made a real difference.

Describe that moment in detail:

How did you feel physically and emotionally at that moment?

What specific actions were you taking or contributing at the time?

Which values from your list above were present or clearly expressed at that time?

My Statement of Purpose

Based on your "Defining Moment," what is the essence of your purpose? Use the structure we discussed in the session to guide you:

"Contribute to [contribution] so that [impact]."

My Statement of Purpose:

Section 3: Your Purpose in Action

1. *This section will help you think about how you can integrate your purpose into your daily life, turning reflection into action.*
2. ***A Small Step This Week***
3. *Looking at your Purpose Statement, what is one small action step you can take in the next week that aligns with your "purpose"?*

4. ***At Work (e.g., in a task, a meeting, or an interaction with a colleague):***

5. ***In your Personal Life (e.g., in a personal choice, a hobby, or a relationship):***

- 6. Connecting with Others through My Purpose**
- 7. How can you, this week, intentionally connect with a colleague or someone in your life in a way that allows you to express or live out your “purpose”?**

Thank you for participating in this journey of self-discovery!