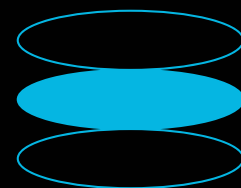




# FINDING YOUR PURPOSE

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?**

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## 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"?***

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

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

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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”?***

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