

DISCOVER YOUR PURPOSE



FOLLOW-ALONG GUIDE

Helène T. Stelian
COACHING

INTRODUCTION

What is **purpose**?

5 key aspects of **purpose**:

1.

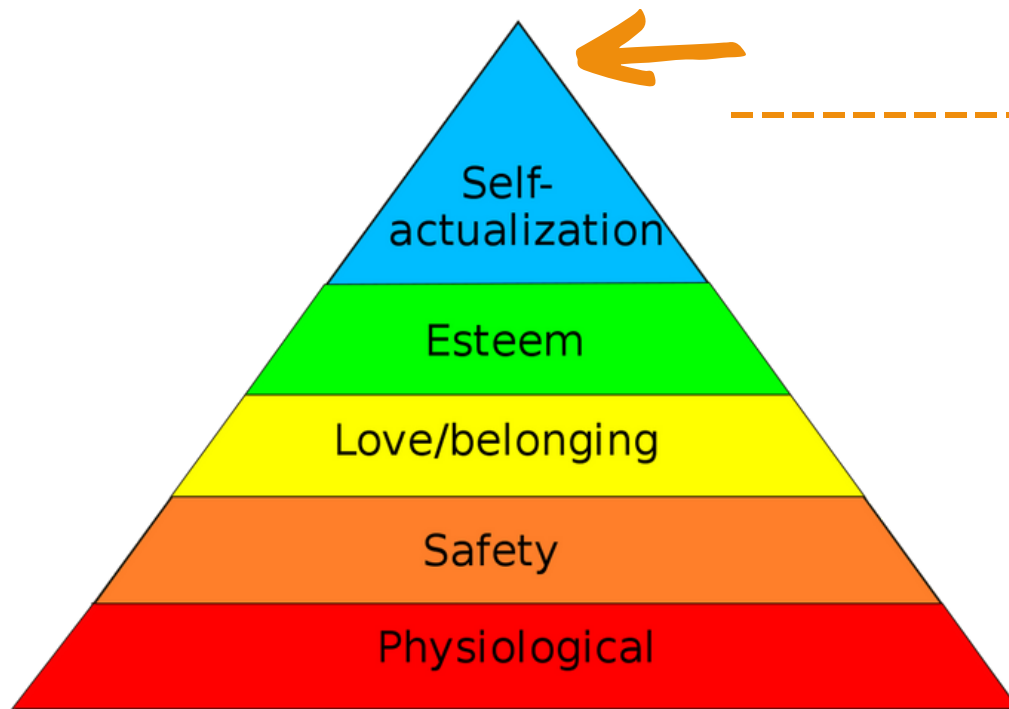
2.

3.

4.

5.

Maslow's Hierarchy of Needs

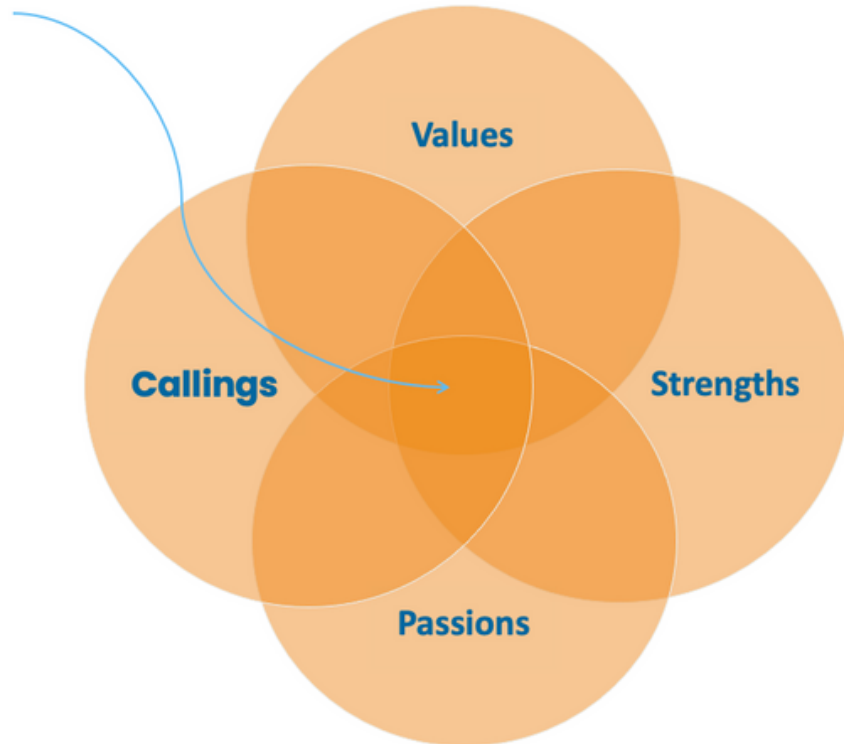


Ryff's Critical Elements of Well-Being:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

The Purpose Formula

PURPOSE = Values $\cap$ Strengths $\cap$ Passions $\cap$ Callings



Module 1: IDENTIFY YOUR PERSONAL VALUES

Personal values are:

Personal values are not:

Module 1 ASSIGNMENT

Values Assessment

Step 1:

Take a look at the list of values on page 8 of this guide. Which of the words on this list most resonate with you? Which represent the principles you choose to live by when you are being most authentic? These may all seem important, but which are MOST important to you? Circle 20± Values.

Keep in mind:

- This list is only meant as a starting point; feel free to add any words that better capture your values.
- Remember: These are not values you WISH you had or feel you SHOULD have. They're not imposed on you from others. They reflect who you already are and want to continue to be. They're your guideposts.
- Don't overthink it. When it comes to values, there is no right or wrong—only who YOU are!

Step 2:

Look at the words you circled. For each one, ask yourself: Is this a value that reflects who I am already, today? (NOT who I think I need to or should be, and NOT something I'm working toward either.) Is it part of what makes me who I am? Without it, does it feel like a part of what defines me is missing?

If the answer is no to ANY of these questions, it's probably a SHOULD or HAVE TO, an aspiration or goal, NOT a value. Cross it off!

Step 3:

Now look at the list of values you've circled (and did not cross off in Step 2) and group them in a way that makes sense. For example, Service, Contribution, and Helpfulness might go together. Make 5 groups of values and write them in the space below. (Some find it helpful to write each value on a Post-It note and play around with the 5 groupings in order to find the ones that make sense to them.)

Values Assessment (continued)

Step 4:

Once you have your 5 groupings, circle the one word that best represents each grouping and is most meaningful to you. Don't overthink it. Which word resonates most with you? You should end up with 5 circled words. These are your core values. Write them below.

- 1.
- 2.
- 3.
- 4.
- 5.

Step 5:

Create a statement using each of your 5 core values, putting them into first person language. For example: "I want to always be LEARNING" or "I live for CONNECTION" or "I seek to MAKE A DIFFERENCE with my life" or "I crave CHALLENGE every day." The more specific to you, the better.

These are your unique value statements. Write them below, then add them to the Purpose Worksheet provided on page 39 of this guide.

- 1.
- 2.
- 3.
- 4.
- 5.

Values Assessment (continued)

Abundance
Achievement
Acquisition
Adventure
Appreciation
Authenticity
Autonomy
Balance
Beauty
Belonging
Caring
Challenge
Character
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Daring
Dedication
Dependability
Determination
Discovery
Duty
Empathy
Excellence
Expertise
Exploration
Fairness
Family
Flexibility
Focus

Forgiveness
Freedom
Friendship
Frugality
Fun
Happiness
Health
Helpfulness
Honesty
Humility
Humour
Independence
Individuality
Influence
Initiative
Innovation
Inspiration
Integrity
Intelligence
Intuition
Kindness
Knowledge
Leadership
Learning
Legacy
Listening
Love
Loyalty
Make a difference
Meaning
Mindfulness
Morality
Nature
Nurture
Open-mindedness
Originality
Passion
Patience
Peace
Personal growth

Preparedness
Purpose
Quest
Recognition
Relationships
Reliability
Resilience
Respect
Resourcefulness
Responsibility
Risk Taking
Sacrifice
Security
Service
Simplicity
Spirituality
Spontaneity
Stability
Strength
Success
Teaching
Teamwork
Thankfulness
Thoughtfulness
Tradition
Understanding
Uniqueness
Vitality
Wealth
Winning
Wisdom

Module 2: OWN YOUR UNIQUE STRENGTHS

Personal strengths are:

Personal strengths are not:

What about weaknesses?

Module 2 ASSIGNMENT 1

Identify Your Character Strengths



The VIA Character Strengths Assessment was developed by the father of Positive Psychology, Martin Seligman, out of the University of Pennsylvania. Seligman, along with Chris Peterson and with the help of 55 social scientists, identified 24 strengths each and every one of us has, albeit to varying degrees. To home in on these 24, they studied virtues common to all cultures and across history and found 6: wisdom, courage, humanity, justice, temperance, transcendence. They then discerned the strengths that fit under each of these virtues. You can read more about their process in Seligman's book, *Authentic Happiness*.

The VIA Survey is the only free, scientifically validated assessment of Character Strengths in the world. It has been taken by over 8 million people around the globe!

Identify Your Character Strengths (continued)

Now it's time for you to become one of these many test takers. Register by clicking on this link:

<https://www.authentic happiness.sas.upenn.edu/user/register>.

You need to provide your email but rest assured, the VIA Institute pledges to never share email information.

Once you're in the site, you'll see a variety of questionnaires. Feel free to peruse them and try them at your leisure. For today, the assignment is to take the VIA Survey of Character Strengths (under the Engagement Questionnaires). This is a 240-item questionnaire that will take you about 15 minutes to complete.

When you're done, you'll receive a rank-order listing of your 24 Character Strengths, which is all you'll need for our purposes. (You have the option to purchase a more in-depth profile report.) The top 5 on your list are called your Signature Strengths. Make note of these as they are the ones we will focus on moving forward.

Note: The bottom strengths are not considered weaknesses; they are simply underutilized, under-developed, or not-as-valued strengths.



Module 2 ASSIGNMENT 2

Ask for Fan Feedback



While assessing your Strengths is critical, it's often helpful to solicit feedback from others who probably see aspects of you that you may not readily acknowledge or recognize. With that in mind...

Contact 3 to 5 (or more) people who know you well and whom you trust. It is best to get a variety of people from different parts of your life, including family, friends, and colleagues—or anyone else who's a fan!

You may choose to email or text them. You could also message them on social media (some choose to post on their personal page to maximize the range and number of respondents). Make sure to give them a deadline (usually 2-3 days—allow yourself time to complete the follow-up).

Ask for Fan Feedback (continued)

Here is a suggested script:

Dear _____,

I am taking a course that asks me to complete an exercise aimed at uncovering my strengths. These could be personal qualities, personality traits, natural gifts/talents, learned skills/abilities, unique knowledge/perspectives.

As someone who knows me well and whose perspective I value, I would appreciate your input. Here are some questions to ponder. Don't feel you have to answer all of these; they are just meant to get you thinking. Positive feedback only!

- What do you feel are my greatest strengths, whether natural-born talents and qualities, or learned skills and knowledge?*
- When have you seen me at my best?*
- When do I seem most at peace to you?*
- What do others say they like about me?*
- What do I bring to any situation or relationship?*

Please respond by _____.

Thanks,

Gather all the feedback you've received (note: you may need to remind people if you're not receiving their input promptly). Then bucket this information into categories of strengths (including natural gifts, talents, qualities, abilities, etc.), as many as makes sense.

Use one or more words to describe each. Like: Courage, Helpfulness, Speaking, Fixing Things, Humor, Party Planning, High Energy, Editing, Can-do Attitude... Anything goes!



Module 2 ASSIGNMENT 3

Strengths Self-Assessment

In each of the categories of Strengths below, choose the words which most describe your personal Strengths. Circle as many as apply to you. Note that these Strengths lists are only meant as a starting point; feel free to add any words that better capture your Strengths.

PERSONAL QUALITIES

Accuracy	Ethical	Modest	Team oriented
Action oriented	Fair	Motivated	Thoughtful
Adventurous	Fast	Observant	Thrifty
Ambitious	Flexible	Open-Minded	Timely
Analytical	Focused	Optimistic	Tolerant
Appreciative	Forceful	Orderly	Trustworthy
Artistic	Friendly	Organized	Versatile
Athletic	Generous	Original	Visionary
Authentic	Goal-Oriented	Outgoing	Vibrant
Balanced	Gratitude	Patient	Warm
Can do	Hard-working	Peaceful	Wise
Caring	Helpful	Persevering	
Charming	Honest	Persistent	
Clever	Hopeful	Persuasive	
Communicative	Humble	Practical	
Compassionate	Humorous	Precise	
Confident	Idealistic	Problem solving	
Considerate	Imaginative	Productive	
Courageous	Inclusive	Prudent	
Creative	Independent	Resilient	
Critical thinker	Industrious	Respectful	
Curious	Ingenious	Responsible	
Decision Making	Initiating	Self-Assured	
Dedicated	Inspirational	Self-Controlled	
Detail oriented	Intelligent	Serious	
Determined	Kind	Socially intelligent	
Disciplined	Knowledgeable	Socially skilled	
Educated	Lively	Spiritual	
Empathetic	Logical	Spontaneous	
Energetic	Loving	Straightforward	
Entertaining	Learner	Strategic	
Enthusiastic	Merciful	Tactful	

Strengths Self-Assessment (continued)

LEARNED SKILLS RELATED TO PEOPLE/RELATIONSHIPS

Advising	Giving feedback to	Observing	Supervising
Briefing	Guiding	Organizing	Teaching
Building teams	Helping	Overseeing	Team-working
Coaching	Hosting	Persuading	Training
Communicating with	Influencing	Preparing	Troubleshooting
Connecting	Interviewing	Problem-solving among	Understanding
Coordinating	Judging	Researching	Uniting
Counseling	Leading	Reviewing	
Delegating	Learning from/with	Supervising	
Developing	Listening to	Teaching	
Directing	Managing	Team-working	
Empathizing with	Mentoring	Training	
Empowering	Motivating	Researching	
Evaluating	Negotiating with	Reviewing	

LEARNED SKILLS/SUBJECT MATTER RELATED TO WORK/CAREER

Accounting	Design	Management	Sociology
Administration	Economics	Marketing	Startup / Entrepreneurship
Aerospace	Editing	Mathematics	Statistics
Animal Care / Training	Education	Medicine	Strategy
Anthropology	Energy	Nonprofit	Teaching
Architecture	Engineering	Nursing	Technology
Art History	Environmental Science	Organizing	Travel Planning
Auditing	Event Planning	Performing Arts	Visual Arts
Biology	Finance	Philosophy	Web Design
Budgeting	Film and Media	Physics	Writing
Caregiving / Childcare / Elder Care	Foreign language / Translation	Planning / Organizing	
Crafts	Fundraising	Politics	
Chemistry	Geology	Product Design / Development	
Classics	Health	Project Management	
Computer Science / Programming	History	Psychology	
Contract Services	Human Rights	Public Speaking	
Culinary Arts	Ideation/Innovation	Religion	
Data analysis	Implementation	Research	
Decision Making	Law	Repairs	
Detail orientation	Linguistics	Sales	
Drafting	Literature	Social Media	

Module 2 ASSIGNMENT 4

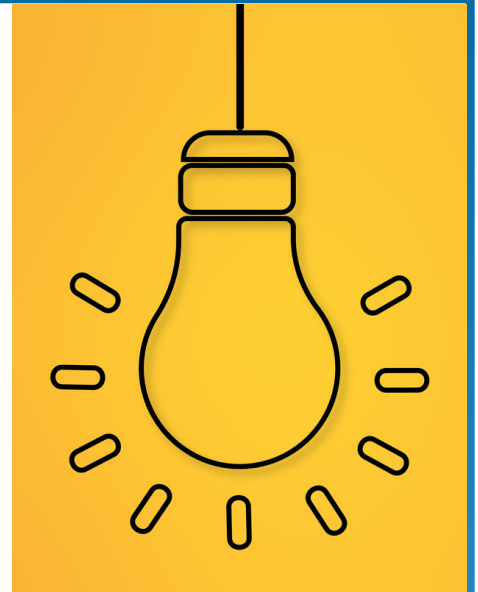
Strengths Reflection

Now that you have evaluated your strengths and received feedback from your fans, spend some time exploring these questions—to make sure we capture all possible strengths! You don't have to answer each per se, but take a look at these prompts and see if any new strengths come up for you. Write your thoughts on the next page.

- *I'm really good at...*
- *When I do these things, I'm fearless...*
- *I'm unique (even quirky) in these ways...*
- *When I look back at my biggest successes in life, I see these personal strengths contributed...*
- *When I look back at the biggest challenges I've overcome, I see these personal strengths contributed...*
- *I do these things effortlessly...*
- *If I'm working in a group, I usually fill the role of (expert, supporter, organizer, etc.)*
- *In school, these classes were easy for me...*
- *These are things some people might think are difficult, but I find easy most of the time...*
- *People praise me for...*
- *Careers/jobs/activities people tell me I would be great at include...*
- *My friends come to me for help on...*
- *My family comes to me for help on...*
- *My coworkers/colleagues come to me for help on...*
- *My neighbors or others in my community come to me for help on...*
- *I feel really confident when I am...*

Strengths Reflection (continued)

My Notes...



Module 2 ASSIGNMENT 5

Finalize Your Strengths

Before beginning this exercise, you should have completed four assignments aimed at uncovering your strengths:

1. VIA Character Strengths Survey
2. Fan Feedback on your Strengths
3. Strengths Self-assessment
4. Strengths Reflection

Now it's time to consider all the information you have gathered about your strengths. Your goal is to put all this data into one final list that captures your top 5 strengths. You'll be using a process similar to the one you used when you completed the Personal Values Assessment in Module 1. But here, you have more data!

I recommend you lay out the 4 paper/printout summaries of your results (1 from each assignment above) side by side on a large surface.

First, cross out any strengths you don't enjoy using. For example, maybe you're an excellent cook but you're burned out on preparing meals after 20+ years of doing so for your family. Or maybe you're great at doing quick calculations in your head but find it a practical skill that you use only when needed, with no desire to use your mathematical skills any more than necessary. Or maybe you're very detail oriented but this quality sometimes gets in the way of you taking action so it's not a trait you love and wish to lean on. Or maybe you're a great social organizer and your friends depend on you to get the gang together, but you're actually a bit resentful of this and don't want to hang your hat on that strength.

Don't put strengths you don't love to use on your list! It doesn't mean you don't have them or won't use them (you have many strengths) but we're looking to pare the list down to the top 5 strengths you would LOVE to use each and every day.

Finalize Your Strengths (continued)

Next, look for themes that run across 2 or more of your results. What stands out? What's been recognized both by you and others? What themes feel strongest for you?

As you see a theme emerging, write it down on a fresh piece of paper, with any and all relevant words to support that theme. Cross the words/ideas off the 4 lists as you capture them. Identify about 5 (more or less) strength groupings.

Alternatively, you could write all your remaining words on individual Post-It Notes and play around with grouping them (5 groups plus or minus) in a way that makes sense to you.

Once you have your groupings of strengths, use a few words to summarize each strength.

As an example, here are mine:

1. Research, resourcefulness, and problem-solving
2. Synthesizing ideas and developing processes
3. Empathy, curiosity, and openness
4. Exploring new connections and experiences, and building community
5. Dedication, advocacy, and dependability

You could choose to use one title word or phrase to describe each bucket, then add the other words underneath that title.

For example, one past participant chose to title her buckets as follows: 1. What I do well. 2. Who I like to be with. 3. How I show up. 4. My attitude and aura. 5. How I treat others.

Customize this list to your desires!

Finalize Your Strengths (continued)

Write your final strengths/buckets here:

1.

2.

3.

4.

5.

Now add these to the Purpose Worksheet provided on page 39 of this guide.



Module 3: UNCOVER YOUR TRUE PASSIONS

Passions are:

It's about energy...

Module 3 ASSIGNMENT 1

Track Your Energy



Everything we do has an impact on our energy. Some parts of our lives make us feel more energized (eliciting warm, positive, even exciting feelings) while others deplete us (eliciting dread or some other negative feelings) and still others may not elicit much of a feeling, positive or negative. This week, become aware of which aspects of your life cause energy gains, drains, or have no impact on your energy.

Tune into your energy throughout the day and jot down what is driving it higher or lower. Carry a small paper pad or use the Notes function on your cell phone to capture your thoughts and feelings in various situations. Set a reminder on your phone to check in with yourself at regular intervals throughout the day: What are you doing? How is your energy?

Consider every aspect of your day and life:

- People: intimate partners, children, parents, siblings, friends, colleagues, neighbors, etc.
- Work/Activities: chores, projects, tasks, hobbies, social events, errands, etc.
- Wellness: food, drink, sleep, exercise, medical, mental/emotional, spiritual, etc.
- Environment: spaces where you spend time, whether at home, work, outside, socially, etc.
- Time: how your energy changes throughout your waking hours
- Money: spending, bills, debts, salary, saving, retirement, taxes, etc.

Don't forget to include time spent thinking (or dreaming or worrying about) tasks, issues, ideas, people, etc.

Track Your Energy (continued)

Plan to track your energy for at least 5 days, ideally a mix of weekdays and weekends, in order to capture the greatest variety of situations you find yourself in. Some people choose to continue this past the initial week and to revisit their conclusions at the end of two or three weeks of tracking.

You may not be able to have a full range of experiences that capture every aspect of your life, whether in 5 days or a few weeks. I encourage you to go back and look at your calendar over the last few weeks or months as this may trigger a memory of a particularly energizing or draining example to add to your list.

Similarly, look at your calendar moving forward. Does an upcoming event feel exciting or are you dreading it? This might give you additional clues to add to your tracking.

If it's helpful, use the ENERGY TRACKER on the next page to keep track and/or summarize your findings (print out as many copies as you need).



ENERGY TRACKER

People, Activities, Time of Day, Money, etc.	Energy Gain	Energy Drain	Energy Neutral
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Module 3 ASSIGNMENT 2

Interests Reflection



As you are tracking your energy gains and drains, it's also important to take some time to think about some of the ways you used to or currently enjoy spending time. We want to look at this from all possible angles.

If the word passion feels too loaded for you, or makes you feel pressured, replace it with interest. You don't have to complete each statement. Simply consider what comes up for you when you reflect on these statements. Use the notes page that follows to jot down your findings.

- *In my free time I enjoy...*
- *My favorite hobbies are...*
- *In a work or volunteer environment, I enjoy doing these tasks...*
- *In elementary school...*
 - *I was happiest when I was doing these things*
 - *These were my favorite toys/possessions/books*
 - *I dreamed of becoming or doing...*
 - *I was fascinated by...*
- > *What are adult versions of these childhood passions or the underlying need they fulfilled?*
- *I love to do and think about this...*
- *When I lose total track of time, I'm doing or thinking about this...*

Interests Reflection (continued)

- *I am drawn to:*
 - *these types of books, articles, or other reading material*
 - *these news stories*
 - *these problems or causes*
 - *these types of people*
 - *these places*
 - *these movies, TV shows, other media*
 - *these subjects*
- *If I knew I couldn't fail, I would do this...*
- *I get goosebumps when...*
- *I'd love to study more about...*
- *My deepest conversations are about...*
- *If it were not too late, I would do this...*
- *My ideal day would always include...*
- *A dream I've put on hold or pushed aside is...*
- *Even if I was not paid, I'd still want to...*
- *If I didn't have to worry about money, I would...*
- *I feel most joyful and alive when I am...*
- *I feel most fulfilled when I am...*
- *If I had more time, I would try this...*
- *I feel most motivated when I am...*
- *I would regret never having...*



Interests Reflection (continued)

My Notes...



Module 3 ASSIGNMENT 3

Finalize Your Passions

Before beginning this exercise, you should have completed two assignments aimed at uncovering your energizers:

1. Energy Gains and Drains Tracker
2. Interests Reflection

Now it's time to consider all the information you have gathered about your passions (If the word passion feels too loaded for you, or makes you feel pressured, replace it with interest or joy or another word that better suits you). Your goal is to put all this data into one final list that captures your top 5 passions. You'll be using a process similar to the one you used when you identified your top 5 strengths in module 3.

I recommend you lay out the paper/printout summaries of your results side by side on large surface. Now focus on your positive energizers from the tracking exercise and the insights you came up with in the passions reflection.

Next, look for reoccurring themes. What gets you excited?

As you see a theme emerging, write it down on a fresh piece of paper, with any and all relevant words to support that theme. Cross the words/ideas off the old lists as you capture them on this new one. Identify about 5 (more or less) passion groupings.

Once you have your groupings of passions, use one or a few words to summarize each passion.

As an example, here are mine:

1. Learning about psychology and human behavior
2. Challenging, connecting, and inspiring people
3. Educating and informing people
4. Advocating for women, purpose, mental health, and aging vibrantly
5. Finding ways to simplify and streamline tasks and goals

Finalize Your Passions (continued)

Write your final passions here:

1.

2.

3.

4.

5.

Now add these to the Purpose Worksheet provided on page 39 of this guide.



Module 4: REVEAL YOUR SINGULAR CALLINGS



Callings are:

Module 4 ASSIGNMENT

Identify Your Callings

Step 1:

Reflect on the following questions and write down the thoughts that come to you, on the next page.

- What kinds of news stories get your attention? What kinds of issues? Why? Whom do they impact? What's the trend? What magazines do you grab? What websites do you gravitate toward? Why? What specific articles, stories, photos spark your interest?
- What's the challenge? Have you or a family member learned to live with or overcome an illness, addiction, disability, or other challenge? What individuals or groups do you deeply identify with out of your own suffering? What messages of hope does your life embody for others? Could you be passionate about educating others in one of these arenas?
- Can you see an overarching theme to your life so far? For example, has it been about sacrificing, beating the odds, fighting prejudice, finding your voice, owning your authenticity, creating traditions, overcoming a huge obstacle, caring for others, standing up for an idea, reinventing yourself, advocating for a cause, creating beautiful things?
- What's the need? Who needs your help? In your family, neighborhood, nation, the world? Who has it harder than you right now? Why and how? How can you make it a little better for this person or group?
- What/who inspires you? Why?
- What kind of injustice or suffering are you most sensitive to?
- What gets your blood boiling? What's a problem in the world you'd love to fix?
- If you could spend your life working to change one thing in the world that would make a real difference for others, what would that one thing be?
- In what areas do you repeatedly find others looking to you for hope, wisdom, service, strength, advice, how to, problem solving, can do, love?
- How do your spiritual values inform your desire to serve?
- What legacy do you want to leave behind?

Identify Your Callings (continued)

My Notes...



Identify Your Callings (continued)

Step 2:

Now take a look at what you wrote on the previous page. What themes come up multiple times? Are they related to serving a population, a problem, a need, an idea, or something else? Group them into 3 (or so) callings.

For example, here are mine. In my case, I happen to find energy around certain kinds of people experiencing certain kinds of needs/limitations.

1. Women in midlife who feel lost, stuck, scared that the best years are behind them and that they have nothing to look forward to
2. Women who are too afraid to take any risks and play small as a result
3. People who are struggling with challenges related to their adult children, particularly around mental health issues

But needs can be widely varied. Here are examples of other callings reflecting not just people but also places, ideas, assumptions, fears, etc.:

- Cities that are drowning in concrete with little room for green spaces.
- Tech-phobic people who don't know how to get their small businesses online.
- The expectation that we have to be reachable via smartphones and other tech 24/7.
- Dogs that are abused or neglected.
- Homes that are drowning in stuff, a lot of it unused and unnecessary.
- Men who would like to find friends after moving to a new city.
- The assumption that cooking a fancy meal has to be time-consuming and takes special skills.
- The fear of public speaking that prevents one from taking their business to the next level.
- The impostor syndrome that plagues PhD and first-to-college students.
- Divorcing women who know little about managing their finances.
- The lack of books in inner-city school libraries.
- The worry that one's family history will be forgotten by younger generations.
- Phone scams that prey on senior citizens.
- Kids who don't have access to the arts.
- People who would like to play golf as a social outlet but are frustrated by the learning curve.

Do you get the idea?

Identify Your Callings (continued)

Step 3:

Now it's your turn.

Write your 3 callings here:

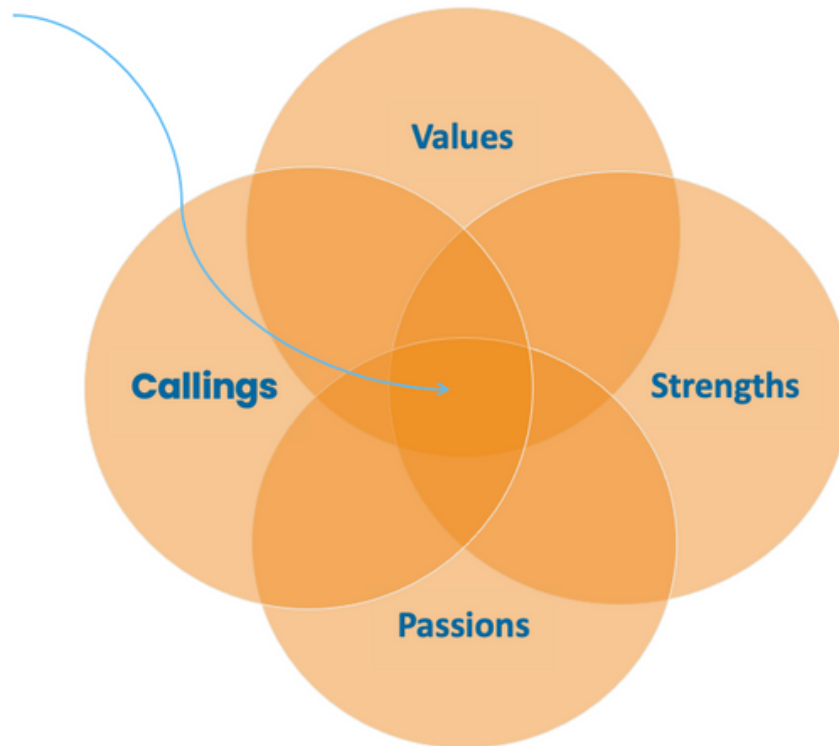
- 1.
- 2.
- 3.

Now add these to the Purpose Worksheet provided on page 39 of this guide.



Module 5: WRITE YOUR PURPOSE STATEMENT

PURPOSE = Values ∩ Strengths ∩ Passions ∩ Callings



You are now clear on:

- Your values
- Your strengths
- Your passions
- Your callings

And as the diagram above depicts, PURPOSE lies at the intersection of these 4 dimensions.

Now you're ready to use this knowledge about yourself to create your own unique Purpose Statement. To that end, pull out the Purpose Worksheet you have been filling in as you've been working through this course (and if you haven't done so, fill in those 4 sections now). You'll find it on page 39.

Next, referring back to your Purpose Worksheet, complete the Purpose Statement Template on the next page, then add your Purpose Statement to the bottom of the Worksheet. And don't forget to check out the examples and tips that follow.

Purpose Statement Template

My life purpose is... I was born... I get up in the morning... I want to spend my life... My personal mission is...

(choose the most compelling language for you)

...to use my strengths /gifts/talents/superpowers

(choose one word or add your own)

of _____

(add one or more strengths that energize you)

in order to change, create, develop, educate, empower, encourage, engage, entertain, explain, foster, help, improve, inspire, lead, motivate, organize, serve, support, teach, uncover

(choose one strong, active verb that excites you from this list or one of your own—it often also reflects one or more of your passions)

(get what results for what problem, population, or idea, honoring one or more of your callings)

In alignment with my values of _____

(add your personal values keywords)

Purpose Statement Examples

Participants often find it helpful to see examples.

I'll start with my own Purpose Statement:

My personal mission is to use my superpowers of streamlining processes and challenging & championing others, to empower women to create a life of fulfillment and joy—in alignment with my values of authenticity, purpose, contribution, personal growth, and courage.

Here are others' Purpose Statements (minus the values piece, for simplicity):

I was born to use my writing and storytelling gifts to add joy and humor to a stressful world.

I get up in the morning to use my superpowers of caregiving and teaching to raise the next generation of independent, confident, and kind young women.

My life's purpose is to use my talents for resourcefulness and empathy to help refugees feel welcome in our community.

I was born to use my talents for organization and prioritization to address the overwhelm so many people feel in their lives.

I get up in the morning to use my talents for fundraising and my appreciation for all living beings to fight for animal rights.

My purpose is to use my talents for painting and my appreciation for beauty to create murals that add color and joy to an otherwise plain or drab environment.

My personal mission is to use my business and technology skills to teach tech-averse people how to leverage and enjoy all that technology has to offer.

I want to spend my life using my gifts for connecting people and appreciating each person's right to authenticity to empower LGBTQ voices.

My life's purpose is to use my superpowers of love and pragmatism to help the elderly end their days with dignity and tenderness.

I was born to use my business skills and my wellness expertise to teach busy executives how to incorporate fitness into their lives.

Purpose Statement Tips

Keep in mind:

Make it your own! The Purpose Statement Template is meant as a guide so if the format is not ideal for you, feel free to do it your way. Just make sure to use words that resonate with you and feel powerful and authentic to you. To that end, your Purpose Statement should incorporate your values, strengths, passions, and callings in some way.

In the past, some participants have chosen to create 2 Purpose Statements, Professional and Personal. If you can't come up with an umbrella statement, this is something you may wish to consider.

Writing your Purpose Statement may take you some time. I recommend you don't try to do it all in one sitting. Start, write a rough draft, then come back to it later. Revise it, play around with the ideas and the words. It may take a number of tries, over a number of days, and that's to be expected. Play around with your purpose statement. Have fun. There is no "right" answer, only what feels right to you.

Remember, your Purpose Statement is not set in stone. You can always edit and refine it over the weeks and months and years that follow. I continue to refine my own purpose statement—I revisit it at least once a year.

The most important thing, at the end of this exercise, is how you feel. My hope is that when you're reading your Purpose Statement, it feels authentic to you. And that it makes you feel excited and energized to take action.

If you're getting stuck, another set of eyes is often very helpful. Sit down with a trusted partner or friend to work through it together. Just be careful to only involve those who don't have their own agendas for you and can take an impartial view of your progress.

And of course feel free to reach out for help by requesting a 1-on-1 coaching session with me.

Worksheet: **MY PURPOSE IN LIFE**

My top 5 value statements (who I am at my core)

- 1.
- 2.
- 3.
- 4.
- 5.

My top 5 strengths

- 1.
- 2.
- 3.
- 4.
- 5.

My top 5 passions

- 1.
- 2.
- 3.
- 4.
- 5.

My top 3 callings (people, problems, needs, ideas I want to help)

- 1.
- 2.
- 3.

MY PURPOSE IN LIFE (where my strengths & passions meet my callings)

What's Next? LIVE YOUR PURPOSE

Congratulations!

Whether you've discovered your purpose, or you're well on your way, I applaud you.

The Discover Your Purpose course is intense and demanding, I know, which makes me that much prouder of you for sticking with it to the end. I hope your purpose quickens your heart and brings you a sense of peace and joy.



ASSIGNMENT

Live Your Values, Strengths, Passions, and Callings

Before you focus on your Purpose Statement and how to live it moving forward, I'd like to suggest that you go back to the building blocks of purpose and revisit your findings.

I don't want you to miss out on the opportunity to think more deeply about your values, strengths, passions, and callings, and am including assignments in the follow-along guide to help you think more deeply about how you're currently honoring these in your life.

These exercises will help you decide if there are areas where you'd like to make some changes, even small ones, to live more authentically based on your values, to harness your strengths, to embrace your passions, and to honor your callings.



Live your VALUES

Revisit your Value Statements from Module 1:

Moving forward, notice how your unique values show up in your daily life. Make sure they feel authentic to you and fully capture who you are at your core. If not, go back to the Personal Values Assessment and rework it. The personal values you've identified are not set in stone. You'll want to refine your values statements as you become more self-aware.

Once you feel confident that you've identified a good list of values, ask yourself: How fully are you living each value in your life right now? Rate each of your values from 0-10 with 0 meaning not at all and 10 meaning completely.

The truth is, when your life is aligned with your values, you feel happier.

- When we are happy, a value is being honored. Think about a time when life was really good. What value was being expressed?
- When we're unhappy, a value is being threatened. Think about a time when your life was not so good. What value was being challenged?

Now go back to the ratings you gave each of your unique personal values.

- If your rating on a value is an 8 or higher, think about what you're doing in your life and work right now that is driving this high rating. How can you maintain this high level of commitment to this value?
- If your rating on a value is lower than an 8, think about what is driving this lower rating. What could you do to more fully honor this value in your life?

Moving forward...

- When you're feeling happy, take a look at your list of values. Chances are they are being honored.
- When you're feeling angry about something, think back on your list of values. What value is being challenged?

Finally, choose one value to focus on in the coming weeks and months, maybe a value that is not being honored as much as you'd like. What is one step, even a small step, that you can take to honor this value more fully?

Write down your notes and commitments, and that one first step on the next page.

My commitment to **live my VALUES**



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Live Your Strengths

Revisit your Strengths from Module 2:

Now that you've identified your top 5 strengths, it's critical that you make sure you are putting them out into the world—whether that means your family, your community, your workplace, your country, or our planet.

Remember, these are the unique gifts only you can contribute to society. It's time to step into your power; the world needs you and your gifts. And as I explained in the introduction to strengths, using your strengths has a tremendous positive impact on your personal well-being.

When you encounter a problem in your life, think: How can I leverage my strengths to address this issue?

And today, ask yourself: How fully am I utilizing each strength in my life right now? Rate each strength from 0-10 with 0 meaning not at all and 10 meaning completely.

If your rating on a strength is an 8 or higher, think about what you're doing in your life and work right now that is driving this high rating. How can you maintain this high level of commitment to using this strength?

If your rating on a strength is lower than an 8, think about what is driving this lower rating. What could you do to more fully put this strength to use in the world—whether in your personal or professional life? What is one action step, even a small step, that you will commit to, in order to engage this strength more fully?

What can you do, today, to OWN your strengths? Because when you hold back, you deprive the world of your gifts. Time to SHOW UP and SHOW OFF!

My commitment to **live my STRENGTHS**



Live Your Passions

Revisit your Passions from Module 3:

Live your passions!

Looking at your final 5 passions, ask yourself: How much are you pursuing your passions in your life right now? Rate each from 0-10 with 0 meaning not at all and 10 meaning completely.

If your rating on a passion is an 8 or higher, think about what you're doing in your life and work right now that is driving this high rating. How can you maintain this high level of commitment to this passion?

If your rating on a passion is lower than an 8, think about what is driving this lower rating. What could you do to experience more of this passion in your life?

Reduce the drains in your life!

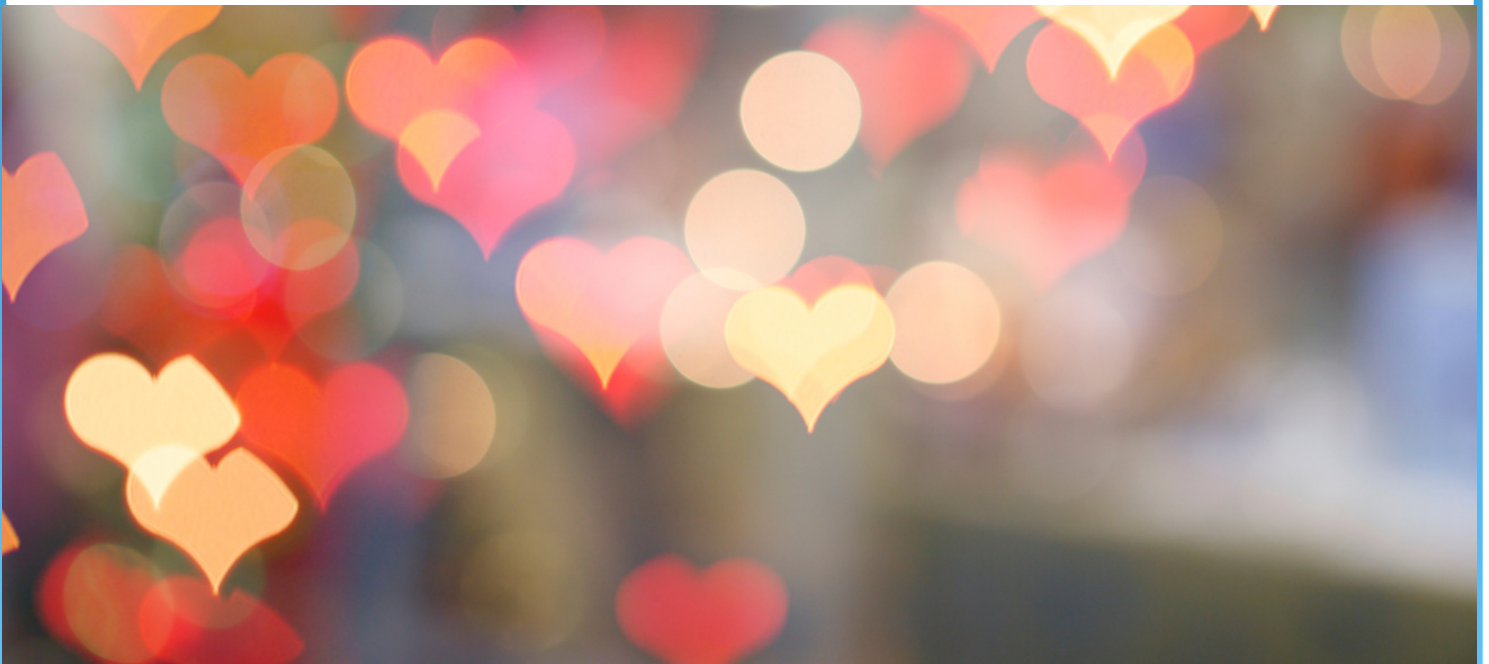
Now go back to the tracking exercise and take a look at the situations you found to be draining you of energy.

Put a rating by each item, indicating just how draining it is to you. Rate each from 1 to 5 with 1 meaning slightly draining and 5 meaning totally draining.

Now focus on items you rated at 3 or higher. What can you do to remove this situation from your life, reduce its occurrence, or make it less draining?

For example, you might find paying bill and balancing your checkbook very draining. Are there more bills you can put on auto-pay? Can you make it less draining by putting on some favorite tunes while you're completing this task?

My commitment to live my PASSIONS



Live Your Callings

Revisit your Callings from Module 4:

Now that you've identified your top 3 callings, it's critical that you make sure you are honoring them. These are the ways in which you are feeling pulled to contribute and the world needs you to step up and deliver, even in a small way. Bonus: you'll feel great!

Looking at your final 3 callings, ask yourself: How much are you making good on your callings in your life right now? Rate each from 0-10 with 0 meaning not at all and 10 meaning completely.

If your rating on a calling is an 8 or higher, think about what you're doing in your life and work right now that is driving this high rating. How can you maintain this high level of commitment to this calling?

If your rating on a calling is lower than an 8, think about what is driving this lower rating. What could you do to more fully honor this calling in your personal or professional life? What is one action step, even a small step, that you will commit to, in order to honor your desire for contribution?

My commitment to live my CALLINGS

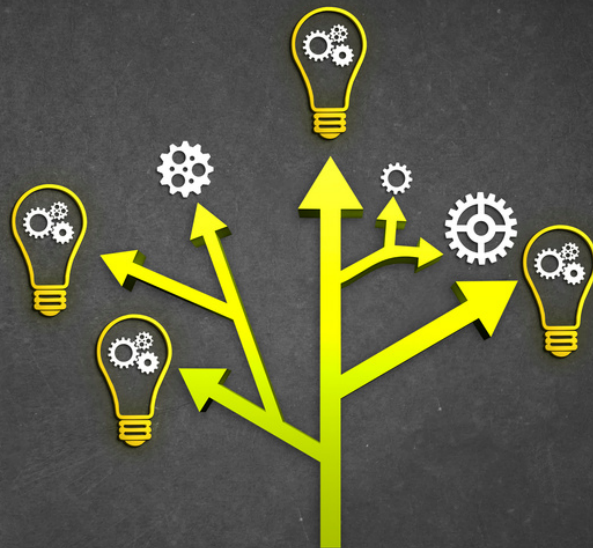


How will YOU live your Purpose?

Time to explore your options!!

Your Purpose Statement is your WHY but often is not your WHAT. It does not necessarily spell out WHAT you'll go do with your new awareness.

The truth is, there are many paths one can take with a purpose, many ways to live it, day to day.



**Explore your
Options**

What is your next step to live
your Purpose?





WANT TO CONTINUE ON YOUR PERSONAL GROWTH JOURNEY?

Check out the FREE courses and videos in my YouTube channel and be sure to subscribe so you're notified when new FREE courses are made available.

[Go to YouTube](#) and click the subscribe button.



Here's to living your purpose!

Hugs,

Helene