

living your life purpose

How to use this: Print this out and complete it, in order to move a step closer to living your life purpose

Everyone has a purpose in life. You have a unique purpose and values as well as the gifts and talents you need to fulfil them.

Believing you have purpose and values and actually *living* your purpose and values can be quite different.

Here are four questions that can help you to find your life purpose and live it. Write down your answers.

1. What is really important to you?

What doesgive/bring you?

2. What else is important to you?

What doesgive/bring you?

3. What do you enjoy doing?

What doesgive/bring you?

4. What annoys you? What gets under your skin?

If annoys you, if you turn that upside down, what is it that's important to you?.....

Identifying your Values and Taking Action

The answers to these questions should throw up half a dozen or so words that are important to you, your core values.

- Examples might include: Dependability, Reliability, Loyalty, Commitment, Open-mindedness, Consistency, Honesty, Efficiency, Innovation, Creativity, Good humour, Compassion, Spirit of adventure, Motivation, Positivity, Optimism, Passion, Respect, Fitness, Courage, Education, Perseverance, Service to others, Environmentalism

Living in line with your core values brings you purpose and fulfilment.

List your 5-6 core values in the box below, then answer the questions to help you bring more focus to them

My Core Values:	How much of my life 'is consistent with this value? How can I bring more attention to this value? What do I need to stop or start to live this value more?
1	
2	
3	
4	
5	
6	

Taking action leads to increased confidence. Fear can keep you from realising your goals.