



# life purpose worksheet

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# identity inventory

Choose and complete two personality assessments. Write the assessment you used in the blank, then your results and any thoughts on the outcome.

*(Examples: DiSC, Enneagram, Meyers-Briggs)*

**first assessment used:**

**results:**

**second assessment used:**

**results:**

**what discoveries did you make about yourself?**

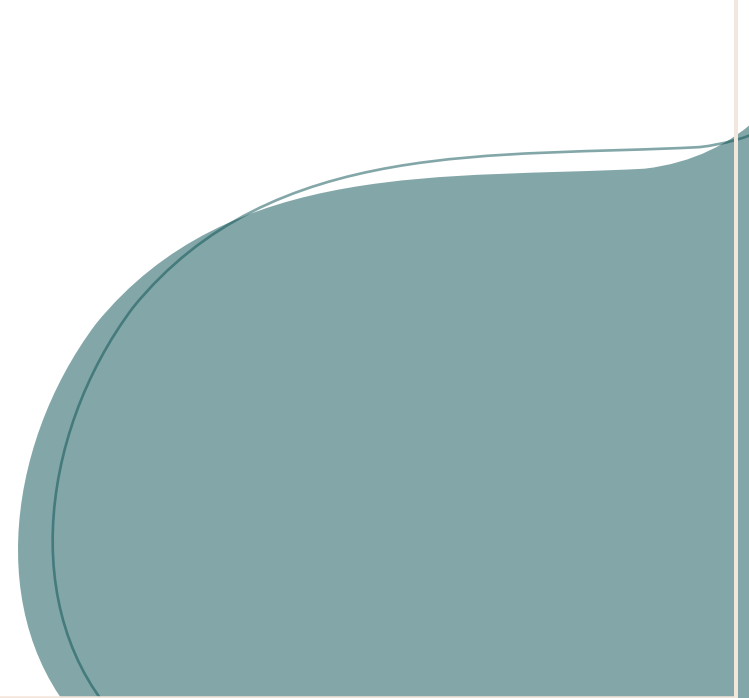
# spiritual gifts assessment



*(Suggestion: [gifttest.org](http://gifttest.org))*

**results:**

**what surprised you about the results from this assessment?**



# core values

What are the most important things in life?

*(Examples: honesty, family, healthy habits, perserverance)*

**personal:**

**work:**

Ask a few people in your life to assess your core values based on what they observe in you and make notes here:

# feedback from others

Ask a few trusted mentors, bosses, or friends from various aspects of life to share their observations of your strengths and weaknesses. Note some of their comments here:

1

**name:**

**comments:**

2

**name:**

**comments:**

## what is one thing you do better than 10,000 other people?

Reflect on past jobs and activities to determine what brings you the most joy and combine this with observations from trusted friends. You may want to specifically ask your mentors to help you by answering this question as well.

# life purpose statement development

## first draft (up to a paragraph)

Write whatever comes to mind and use extra paper if necessary. Think of this as a brainstorming step. Spend time pondering this before moving on to the next draft.

## second draft (1-2 sentences)

Refine your first draft by narrowing your focus and eliminating components that don't excite you after thinking about them for a while. You may want to get feedback from a trusted friend on the first draft.

# life purpose statement development

## final(ish) version

Sum up your purpose in a single sentence. Don't worry about going back and making changes until it truly feels representative of who you are.