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Life Purpose Worksheet

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)

Personality Assessment

1st Assessment used: _____

Results:

What discoveries did you make about yourself through this process?

2nd Assessment used: _____

Results:

What discoveries did you make about yourself through this process?

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Spiritual Gifts Assessment

(Suggestion: gifttest.org)

Results:

What surprised you about the results from this assessment?

Core Values

*What are the most important things in life?
(Example: honesty, family, healthy habits, perseverance)*

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

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.

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What is the 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

1st Draft of Life Purpose Statement (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.*

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2nd Draft of Life Purpose Statement (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.*

Final(ish) version of Life Purpose Statement:

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.

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