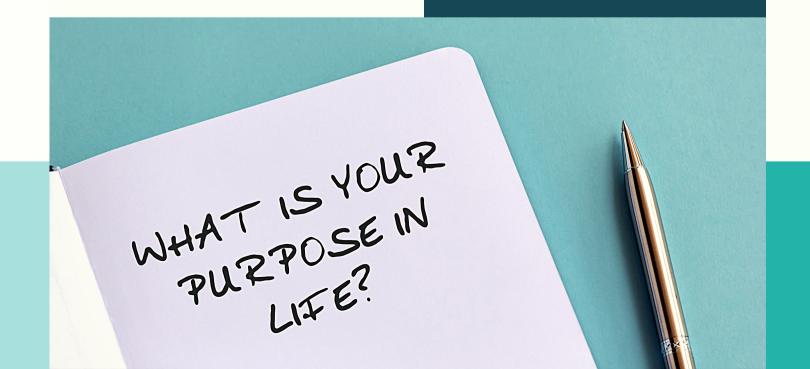


# MY LIFE PURPOSE STATEMENT

I'm all about keeping it SIMPLE. That is why I love the exercise below. No muss, no fuss. Our purpose is literally the BIG PICTURE of why we are put here on the planet, and how we can all carry out the Big Plan to serve others – whether it is in our families, our communities, our state, country or the world. However big you want to expand your purpose is entirely up to you. You will probably want to work on this a bit over time until it FEELS RIGHT. When it settles in, you will know it.

This is only one way to approach creating a Life Purpose Statement. It is not a science.

Here's to being of service and creating great happiness in each life we touch.



## CREATING YOUR LIFE PURPOSE STATEMENT

1 LIST TWO OF YOUR UNIQUE, PERSONAL QUALITIES OR TRAITS LISTED ON YOUR FLOWER.

2 LIST ONE OR TWO WAYS YOU ENJOY EXPRESSING THOSE QUALITIES WHEN INTERACTING WITH OTHERS.

#### **EXAMPLE:**

Knowledgeable and open-minded

and \_\_\_\_\_

#### **EXAMPLE:**

To inspire and empower

and \_\_\_\_\_



3 ASSUME YOU NOW LIVE IN A PERFECT WORLD. WHAT DOES IT LOOK LIKE?

How are people interacting with each other? What are you feeling when you think about this? Write your answer as a statement in the present tense, describing the ultimate condition, the perfect world as you see it, hear it, and feel it.

4 COMBINE THESE THREE PARTS INTO A SINGLE STATEMENT

My purpose is	to use my (from
#1 above)	and
t	o (from #2
above)	and
others to	

#### **EXAMPLE:**

Humanity is enlightened, living in peace and harmony, expressing love and compassion toward each other and the planet, and joyfully living their highest purpose.

#### **EXAMPLE:**

My purpose is to use my knowledge and open-mindedness to inspire and empower others to become enlightened, live in peace and harmony, express love and compassion toward each other and the planet, and joyfully live their highest purpose. Now it's your turn.

PURPOSE



### COMPLETING YOUR LIFE PURPOSE STATEMENT

Make any changes to your statement. Make it more succinct and easier to remember.

If you can, put your statement in a frame and have it be the first thing you wake up to as a reminder of your awesomeness and what you are here to contribute.

You will always experience feelings of alignment when you are living "on purpose," like feeling joyful, knowing, confident, energized, happy, calm, and peaceful.

Read it every day or review it weekly. It will guide you in everything you choose to do, including work, family, and relationships.

In the words of Picard, "make it so."

Love, Shell

