

# PASSION AND PURPOSE: IDENTIFYING YOUR PURPOSE WORKSHEET

**Start by making a list of all the times you can remember in your life that have made you feel the most truly alive and joyful.**

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Looking over the list, what common element do you see? This is an indication of what your life purpose is. Let's go further and answer the following questions.

What are my natural gifts?

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What are my skills and talents?

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What do I love to do?

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When do I feel most alive?

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What am I passionate about?

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What brings me the greatest joy in life?

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When do I feel the best about myself?

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What are my personal strengths and characteristics?

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What have others always said that I am really good at?

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How do I most enjoy interacting with other people?

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What would I change in the world if I could?

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Now ask yourself what are the common characteristics of your answers. Consolidate them into a few sentences. This is the first step to defining your life purpose.

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