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## **WORKBOOK**

# **FIND YOUR PURPOSE & WRITE YOUR PERSONAL MISSION STATEMENT**



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## EXERCISE: CREATE YOUR PERSONAL PURPOSE

**Congratulations!** You're well on your way to living ahead of the curve! Most people are too distracted to even think about their purpose or their personal mission statement. Follow the steps below to create yours now.

1. Find a quiet place where you won't be interrupted.
2. Unplug from the world and turn off your cell phone.
3. Print this workbook off and grab a pen.
4. Write down the answer to each of the questions below. **IMPORTANT:** Don't over think - in fact, write the very first thing that pops into your head and write for no longer than 60 secs per question. Trust yourself.
5. Be honest - this is for your eyes only.

**Answer the following questions:**

<p><b>What makes you smile - think people, hobbies, activities, projects?</b></p>	
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**What do you do for fun and enjoy most?**



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**What are you truly passionate about?**



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**What activities make you lose track of time?**



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**What do others give you props for  
and say you rock at?**



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**What makes you feel great about yourself?**



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**What people inspire you? What qualities in each person do you most admire?**





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**What do people most ask you for help in?**



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**What are your deepest values?**  
**For example: honesty,**  
**excellence, leadership etc.**



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**Which causes or issues do you feel strongly about and have a connection with?**



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**What is that one big thing you'd love to achieve, that you could leave this world satisfied if you have conquered it?**



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**Given your talents, passions and values. How could you use these resources to serve, to help, to contribute? ( to people, beings, causes, organization, environment, planet, etc.)**



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Once you're finished, go back through your answers, and with a highlighter (or with your pen) draw a circle around the most important words.

Finished? Ok, go back through your answers, and with a highlighter (or with your pen) draw a circle around the most important words within the answers you feel best get to your core purpose.

It's likely you'll start to see patterns in what you've written, so group the words that carry similar meaning and consolidate them under any umbrella term that may apply. Do this below.

**The common themes and terms from my answers are:**



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Next, prioritize your consolidated list of words from the most important to the least important. Use numbers to rank them, assigning number 1 to the most important to you.

**My consolidated list of themes and terms, in order of priority to me are:**



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Look up from the page and recenter yourself by asking 'What am I truly passionate about?' before continuing.

Now it's time to combine the passion you just identified with your list of words and integrate them together. Put your name on a line, followed by the words 'exists to...'

**My name is** \_\_\_\_\_ **and I exist to:**

**Well done!**

**You've identified your personal purpose ;)**

Next is the easier part. Let's finish up and create your personal mission statement.





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**Final Step: Write your personal mission statement**

You'll create your personal mission by asking 3 questions, 2 of which you already have the answer to through your purpose.

**1. What do I want to do? You should the answer to this from identifying your purpose.**

**2. Who do I want to help? Again, you should have the answer from your purpose.**



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### **3. What is the result? What value will I create?**

This is where you need to focus in order to produce your mission - what is the value you can give to the world while at the same time fulfilling your existence as an individual. If it helps, make a list and prioritize like before.



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**Final step:** Write your mission as an action statement. It's what you're here to achieve, so make it tangible and specific.

**During my time on this earth I will....**

**And you're done!**

This is really powerful stuff. It's something you should constantly refer back to and I'll be writing more soon about how to effectively set your personal goals, during which you'll be using your purpose and personal mission statements as a guide and compass. So one last question: What's your purpose and what's your personal mission statement? Please **share in the comments on my blog** or shoot me a line at [keith@redesignmyexistence.com](mailto:keith@redesignmyexistence.com) as I'd love to hear!