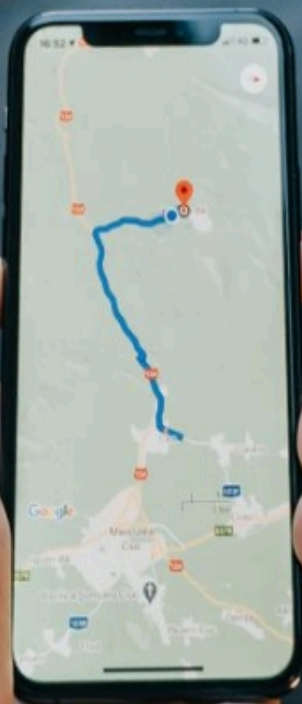


Wander No More, Craft Your Life Purpose Today



Why Craft Life Purpose

Have you noticed how some people thrive in life while others seem to be drifting from place to place?

Do you want to wake up every morning all pumped-up and ready to start your day?

Have you been asking yourself what it is you are here to do in this one life of yours?

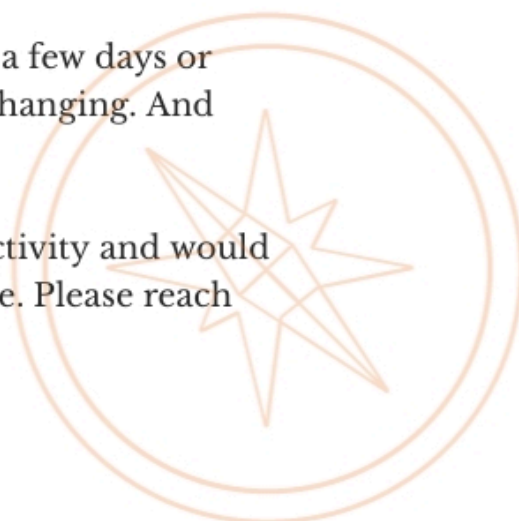
What is it that you can contribute to the world?

If you answered 'yes' to any of the above, the thing that you are really asking is this: "What is my life purpose? How do I live a meaningful and purposeful life?"

The purpose of this activity "Crafting Your Life Purpose Statement" is exactly that - to give you a framework on how to go about figuring out your life purpose.

This activity may take you from a few hours to a few days or weeks to complete. What you write may keep changing. And THAT'S OKAY!

If you have any questions at any point in this activity and would like to have a chat, I would love to be your guide. Please reach out to me at maggiesim@holdingspace.sg.



Step 01

GOAL SETTING

Identify 3 goals you have for this year. For each goal, ask yourself this question: *"If I have this, what higher goal is that part of?"* You may need to ask yourself this question several times.

1	GOAL	HIGHER GOAL
		

2	GOAL	HIGHER GOAL
		

3	GOAL	HIGHER GOAL
		

WHAT IS THE SHARED GOAL?



Step 02

ROLE MODELS

Identify 3 people whose life paths you respect. Considering the various achievements of each, what greater purpose did these achievements serve? What purpose do these people share?



NAME

PURPOSE OF ACTIONS



NAME

PURPOSE OF ACTIONS

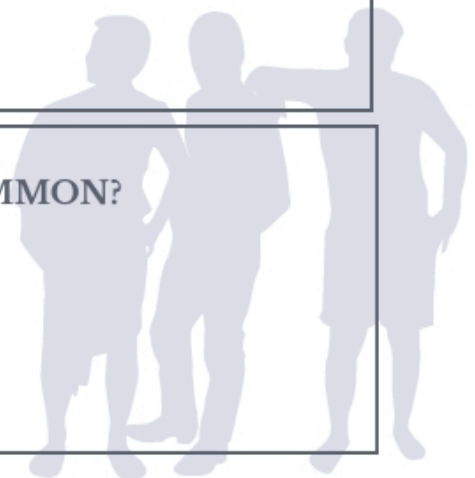


NAME

PURPOSE OF ACTIONS



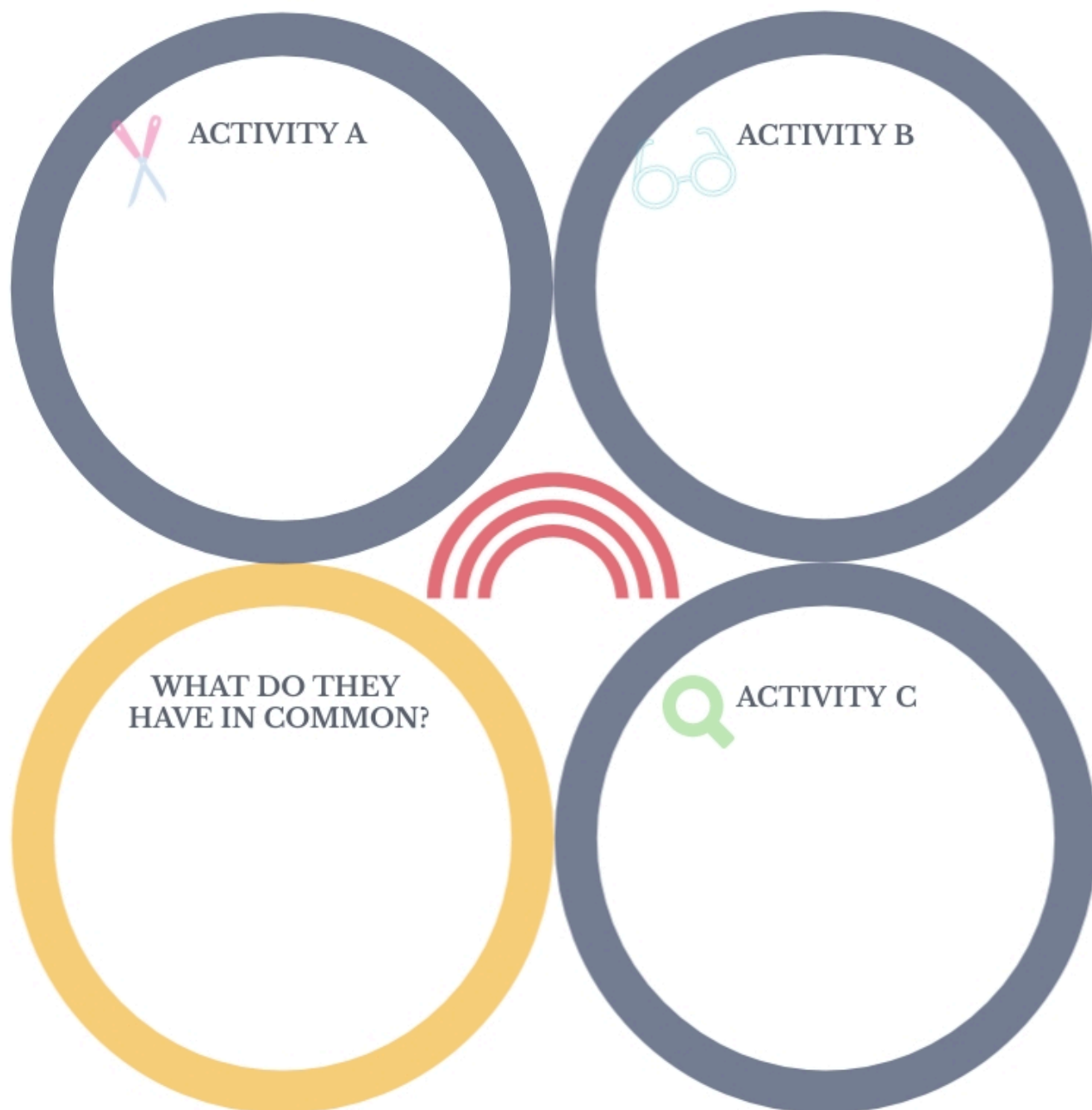
WHAT DO THEY HAVE IN COMMON?



Step 03

FAVOURITE ACTIVITIES

Identify 3 activities that give you a sense of excitement, 3 things you love to do so much that you 'lose yourself' in them, so much you would pay to do them. What do these activities have in common?

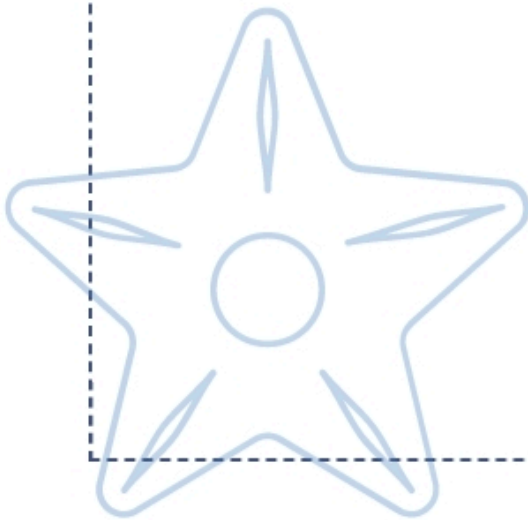


VISUALISATION



Imagine yourself marooned on an island. As you interact with the other shipwrecked people and select things to do with your day, notice that there is something that you do that is familiar because it's always what you always do; it's what you naturally do wherever you are.

WHAT IS IT?



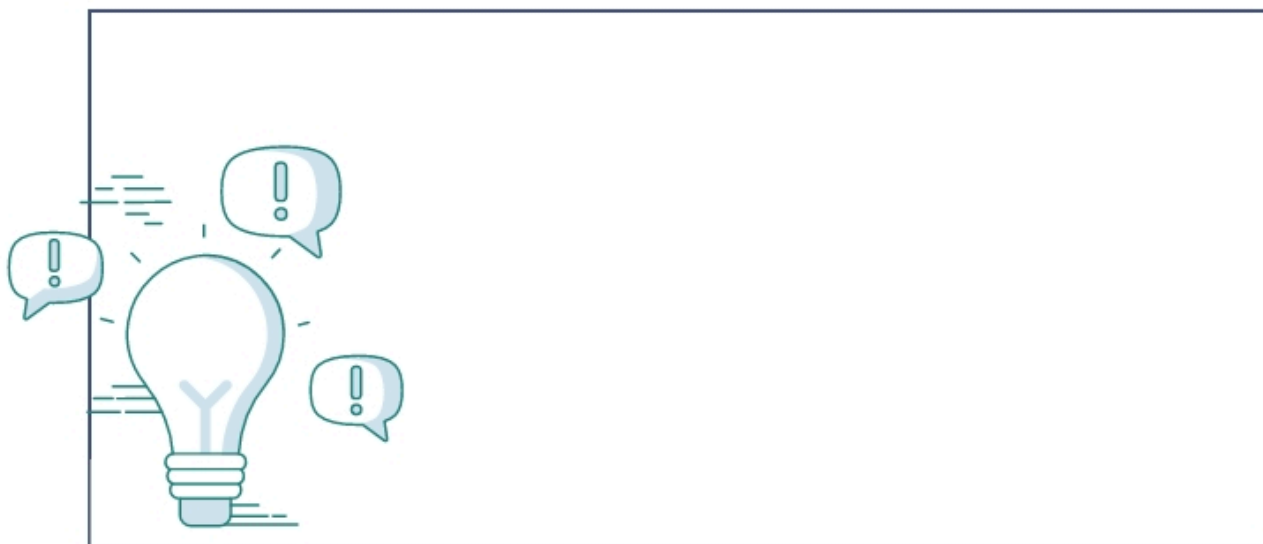
Step 05

CRAFT YOUR LIFE PURPOSE



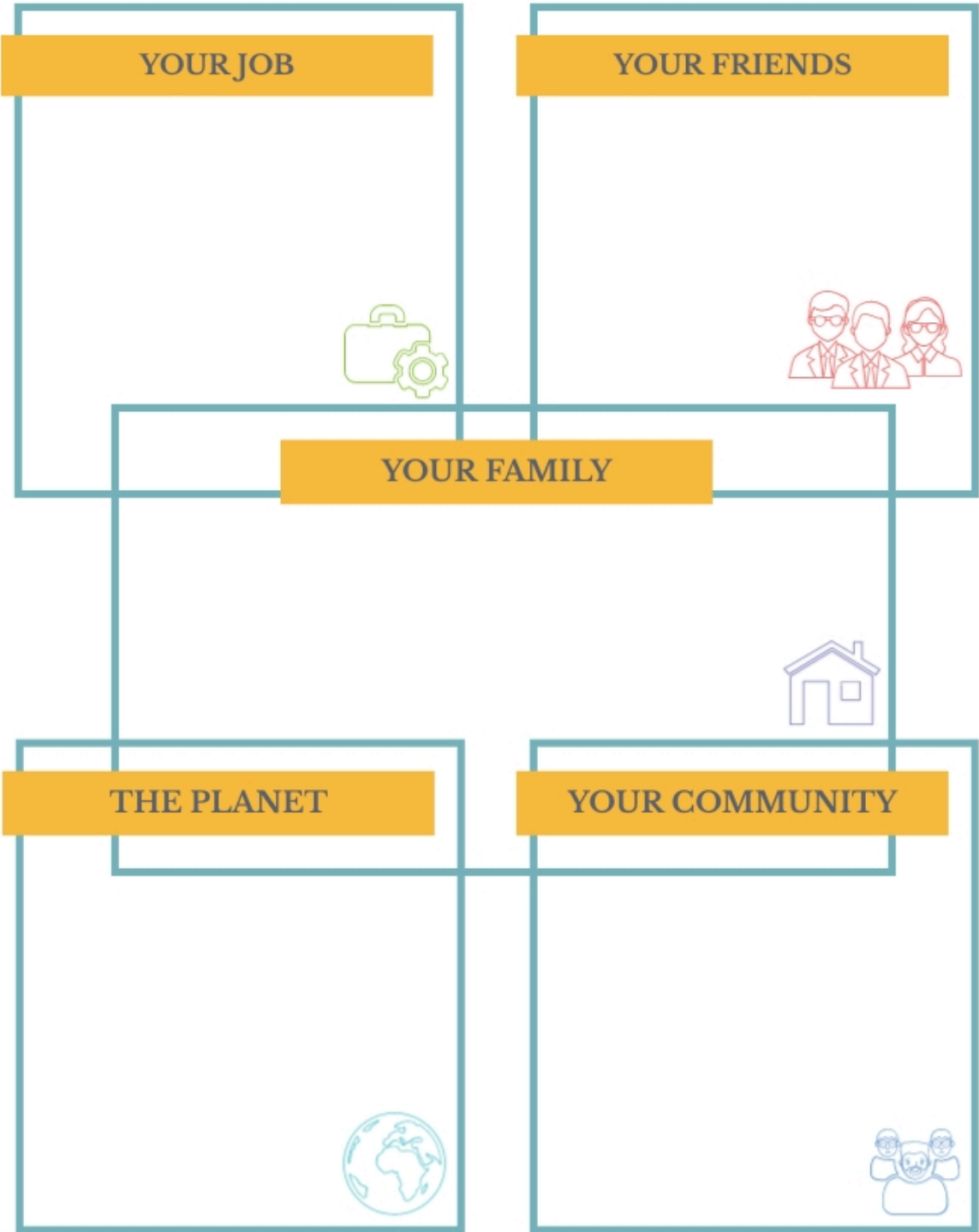
Draw the information from Steps 01 to 04 to begin creating a full representation of your life purpose. Formulate a verbal statement in the space below:

"MY PURPOSE IS _____."



IMPACT ON YOUR ENVIRONMENT

How does this purpose relate to:



REFLECT ON YOUR LIFE PURPOSE



HOW IS THIS PURPOSE GOOD FOR YOU?



DOES ANY PART OF YOU OBJECT TO THIS PURPOSE?



IF SO, HOW COULD YOU MEETS ITS CONCERNS AND LIVE YOUR PURPOSE?

MENTORS

Find 3 people who could be role models for you in this purpose. What would each of them advise if they were discussing your plans for the year?

WHAT WOULD HE OR SHE SAY TO YOU?









Step 09

ACTION

You identified 3 goals in Step 01 and crafted your life purpose statement in Step 05. Now you are ready to set your NEXT goal in your purpose. Write it down in the space below.



MY GOAL IS

What will you do today and this week to support your goal?

THIS WEEK

TODAY

GOAL



ACKNOWLEDGE YOURSELF



Give yourself a huge pat on the back for doing all the hard work to craft your life purpose statement!

And your journey into your LIFE PURPOSE has begun.



GUIDE & SUPPORT

If you would like to work with a guide or coach on your Life Purpose, or just have a chat about it, please reach out to me at maggiesim@holdingspace.sg. I would love to support you.