



Finding your purpose

There are three phases of purpose:

- Uncovering
- Discovering
- Rediscovering

These phases could also be associated with the life cycle, from birth to twilight. We often assume that elders are wise because they have accumulated so much knowledge through experience. Several studies have found they have also learned their purpose in life. We spend a third of our lives in school and preparing for work, and a third or more of our lives working. The final third is where we hope to find the fulfillment we wanted all along. That fulfillment can be found earlier when we live and work in harmony with our individual purpose.



The first thing to do is determine your natural talents and gifts. Ask yourself what you'd enjoy doing for others for free. That should be something that makes time pass quickly when you're doing it, and it makes your worries disappear when you're thinking about it. It should be something where a bad day doing it is better than a good day doing most other things.

The next step is drafting a purpose statement. Start by finishing this sentence: The reason I get out of bed in the morning is ...

Other questions you can ask yourself when drafting a purpose statement are:

- What gifts do I have to share?
- Who do I want to benefit from them?
- How will their lives be better?

Keep a few things in mind as you're drafting your purpose statement. Remember that your purpose statement is your own. Focus on and be confident in who you are. Your purpose statement applies to work and life. Your job may not be what gives you purpose, but it might allow you to satisfy your purpose of, for example, coaching young people to provide a safe and constructive environment. When you think of your purpose statement, think of how it will serve others.

Here are some helpful words to help you craft your purpose statement:

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| • Create | • Promote | • Cultivate | • Produce | • Motivate |
| • Guid | • Advance | • Shape | • Generate | • Influence |
| • Develop | • Change | • Form | • Rally | • Persuade |
| • Train | • Ripen | • Construct | • Mend | • Teach |
| • Build | • Improve | • Assist | • Restore | • Administer |
| • Engage | • Mature | • Contribute | • Repair | • Lead |
| • Prevent | • Grow | • Discover | • Inspire | • Share |

Source: *The Power of Purpose*, 3rd edition