

# **The Power of Purpose**

Path to purpose guidebook

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Your path to purpose begins by identifying how well resourced you already are to accomplish anything you put your heart and mind towards. You are the sum of all your life's highs and lows, good times and bad times, wins and losses, caution and courage. Use the timeline to 1. write down your major highs and lows and the value you gained from each moment. Once complete, 2. look for the patterns and themes that are emerging.

*"Courage is not the absence of fear, rather, the knowing that there is something more important than the fear."*

| Timeline  | Themes   |
|---|--|
| <p><b>High</b></p> <p>1</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> | <p>2</p> <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul> |
| <p><b>Low</b></p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p>           |  |

Integrating your timeline themes, think about and write down the situations, people, places and experiences that **3.** bring you meaning and purpose, **4.** the value that you bring to those people and experiences, and **5.** the elements that make you unique and different. With your thoughts written down, **6.** look for keywords, and **7.** emerging themes and patterns that feel purposeful and meaningful. **8.** Sum it all up in your personal purpose statement.

*“The level of outcome you desire in life is directly proportional to the level of courage you are willing to take.”*

|  |   |  |
|--|---|--|
| <p><b>Purpose</b></p> <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul> <p><b>3</b></p>            | <p><b>Value</b></p> <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul> <p><b>4</b></p> | <p><b>Differentiator</b></p> <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul> <p><b>5</b></p> |
| <p><b>Keywords Selection</b></p> <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul> <p><b>6</b></p> | <p><b>Emerging Themes</b></p> <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul> <p><b>7</b></p>                     | <p><b>Emerging Purpose statement</b></p> <p>To:</p> <hr/> <hr/> <hr/> <hr/>  |