

Clarifying Your Purpose

Now, it's time to look back over everything you've been working on and see how it all fits together. What trajectory do you see your life has been taking and where does it all seem to be pointing you? Below, write a brief summary of everything you've gone over. Seeing it all in one place is very powerful and clarifying.

1. After looking into your life experiences, what turning points have you experienced in your life that seem to have clearly pushed you toward a life of purpose and meaning?

2. What qualities have you developed in your life that support you in living a life of purpose?

3. After reviewing your passions, which ones stand out as containing the most meaning and being the most inspirational?

4. What core inner values/desires currently guide your life and which do you want to include from now on to live a purposeful life?

5. What does it seem you were born to do?



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What does it seem your life has been leading up to?

What is your Ikigai? (Remember Ikigai is an action. For ex: to serve, to create, to delight, to nourish, to provide, to teach, to heal, to build, to bond, to connect, to communicate, to make to begin, to help, to believe, to include, to continue, to sepak, to reach, to remember, etc. So your ikigai phrase should start with an action)

What are the 3-5 MAIN points that stand out above the rest and summarize your main mission in life?

When you put the puzzle together, in one sentence, what does your purpose look like?

My purpose is:

