

Developing your life purpose

Steps

1. What you **don't** want in your life.

List everything you can think of that you do not want in your life.

2. Circle no more than 5 of the items you've listed above that are the most important **not** to have in your life.

3. What you **do** want in your life.

Reflect on your five don't wants. List and focus on what makes you happy, fulfilled, energised, motivated and purposeful.

4. Circle 5-8 of the above that are most important to you.

5. Write these down in priority order and identify what is keeping you from having them.

6. Project years into the future.

After a happy and fulfilling life, write the eulogy that will be given at your memorial service, assuming you have the life you want from this point on.

7. Write a short statement expressing the purpose of your life.

8. List your personal objectives in various areas for the next 5 years to achieve your purpose.