

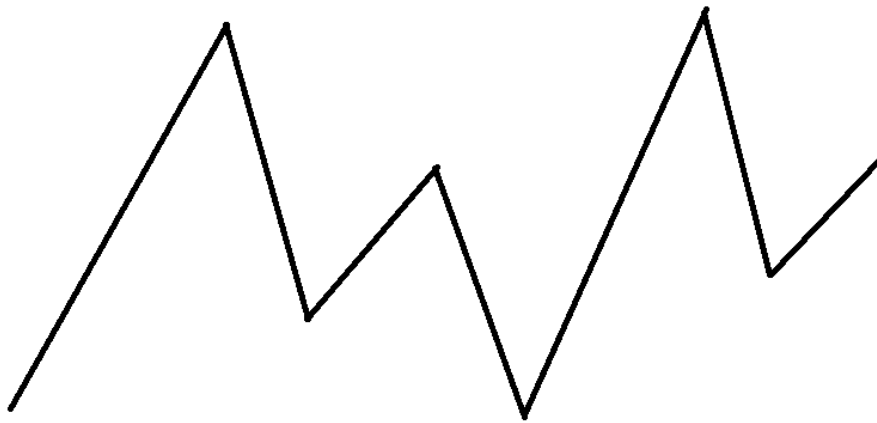
Purpose



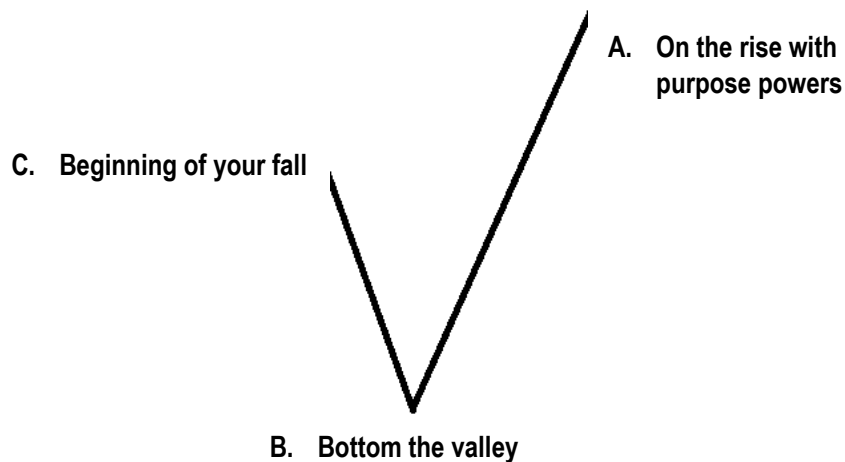
Your Purpose Story

Stories are the most powerful way to communicate—even more true when it comes to purpose. This worksheet will enable you to outline and tell a vivid story about one of the origins of purpose in your life.

What have been the three greatest peaks and valleys in your life? Indicate them below.



Select one of your valleys as the focus for your story. This will be the heart of your narrative.



Purpose



A. Beginning of Your Fall

Describe the peak before the valley. What is a single scene that captures the moment? How did you feel?

What caused you to decline into the valley? Was there a moment that triggered it? What was your responsibility for it? How long did it take you to realize there was a real problem?

B. Bottom of the Valley

When did you know you had hit the bottom of the valley? What did it feel like? What were the consequences to you and others in your life?

How did you try to pull out of the valley? Did you try anything that failed to work?

When did the solution connected to your purpose first emerge? How did you recognize it? What were your first steps in the right direction? (This is the pivot and most critical part of your story!)

C. On the Rise with Purpose Powers

How did your purpose show up as you pulled yourself out of the valley? How did it feel?

When did you know you were out of the valley and headed in the right direction? Describe the moment.

What did you learn about your purpose and what you are able to achieve when you work with purpose?

How does your purpose and the lessons from your experience play out in your work and life today?

You have all the pieces of your story now. The key to making it powerful and polished is to practice telling it and gather feedback from others about how they can relate to your story, what they take away from it, and how it inspires them.