

Life Purpose Exercise

List two of your unique personal qualities. Example: *enthusiasm* and *creativity*.

- 1) _____
- 2) _____

List one or two ways you enjoy expressing those qualities when interacting with others. Example: *to support* and *to inspire*.

- 1) _____
- 2) _____

Assume the world is perfect right now. What does this world look like? How is everyone interacting with everyone else? What does it feel like? This is a statement, in present tense, describing the ultimate condition, the perfect world as you see it and feel it. Remember that a perfect world is a fun place to be. Example: *Everyone is freely expressing their own unique talents. Everyone is working in harmony. Everyone is expressing love.*

Combine the 3 prior subdivisions of this paragraph into a single statement.

Example: *My purpose is to use my creativity and enthusiasm to support and inspire others to freely express their talents in a harmonious loving way.*

Source: The Canfield Training Group, Breakthrough to Success, 2010 via Arnold Patent at www.arnoldpatent.com