

MY LIFE PURPOSE¹ EXERCISE

1. List two of your unique personal qualities, such as *enthusiasm* and *creativity*.

2. List one or two ways you enjoy expressing those qualities when interacting with others, such as *to support* and *to inspire*.

3. 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 an ultimate condition, the perfect world as you see it and feel it. Remember a perfect world is a fun place to be.

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

Example: My purpose is using my creativity and enthusiasm to support and inspire others as we all freely express our talents in joyfulness, harmony and love.

* There are several ways to approach defining your purpose. I learned this version of the life purpose exercise from Arnold M. Patent. You can reach Arnold Patent at 28172 Via Chabas, Mission Viejo, CA 92692. (949) 770-7769. www.arnoldpatent.com

