

# LIFE PURPOSE QUESTIONNAIRE

**Here are some questions to help you identify your purpose in life. Consider each of these and note your responses.**

**What are you most proud of having accomplished at this point in your life?**

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**If you were financially able to retire one year from today, what would you begin working on to prepare for that?**

**What would you most like the people at your funeral to say about you?**

**Who do you most admire from a historical perspective?**

**If you could solve a world problem, what would it be?**

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**What is the inkling you have of your purpose or vision?**

**How can you put this ahead of what you are engaged in now?**

**If you could do anything you want, what would you most like to do in the next decade?**

**List three possible life purposes.**

## **Embracing the Dawn: Discovering the New**

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# Purpose in My Life

Have you ever had one of those moments where everything just clicks? Suddenly, the fog lifts, and you see the path ahead with crystal clarity. That's exactly where I find myself today, standing at the threshold of a new chapter, ready to embrace the purpose that's been slowly unfolding before my eyes.

## The Journey to Clarity

Life's a bit like a giant jigsaw puzzle, isn't it? You spend ages fumbling with scattered pieces, and then, bam, everything fits together perfectly. It's exhilarating! For me, it's been a wild ride of ups and downs, but every twist and turn has taught me

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something valuable. Let's dive into how I've pieced together the puzzle of my purpose.

## Lessons Learned Along the Way

- **Growth Through Adversity:** Just like a diamond forms under pressure, I've found that the toughest times often lead to the greatest growth. Each challenge I've faced has sculpted me into who I am today—more resilient, more empathetic, and, dare I say, a bit wiser.
- **The Beauty of the Struggle:** Picture a lotus flower pushing through mud to bask in the sunlight. That's been me—finding beauty and strength even when things seemed murky. And now, I'm breaking the surface, ready to soak up the light.

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- **A Clearer Vision:** There's something magical about gaining clarity. It's like the moment the sun breaks through the clouds after a storm. Everything feels fresh and exciting. Now that I see my path, I'm pumped to charge ahead.

## Planning the Future with Purpose

With my newfound clarity, I'm not just drifting along anymore. I've got a game plan, and I'm ready to play my hand.

- **Mapping Out My Journey:** I'm laying down the tracks for where I want to go. It's about setting goals that aren't just about reaching a destination but enjoying the journey there.

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- **Celebrating Every Victory:** No win is too small to celebrate. Got through a tough day? That's a victory. Learned something new? Another win. These little celebrations keep the momentum going.
- **Ready for Action:** There's a fire in my belly now, a burning desire to live out my purpose with every fiber of my being. I'm not sitting on the sidelines anymore; I'm in the game.

## Today, I Rise

**Today is more than just another day; it's the first day of the rest of my life.** I'm stepping into my role with heart and soul, ready to make a mark that will last. It's not just about fulfilling my destiny; it's

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about creating a legacy that inspires others to find their own paths.

## Self-Reflection Questions:

1. What steps can I take to sharpen my vision even further?
2. What memories or lessons do I want to jot down that could guide future generations?
3. What's my immediate next step towards fulfilling this vibrant new chapter?

So, what about you? Are you ready to find your purpose and light up the world with it? Let's blaze this trail together, with hearts wide open and

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spirits unbridled. The time is now, and the future is ours for the taking. Let's make it count!

## Staying on track takes discipline.

When life throws curve balls, my world sometimes changes. I sometimes lose my footing, but only for a short while. I have the discipline to stay on track.

A typical workday is sometimes interrupted by unexpected challenges, but I take it in stride.

**Instead of becoming frustrated and losing my composure, I take a breather.** This disciplined approach to stress keeps me from breaking down.

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Meditation is a consistent part of my daily routine. It balances me and clears my mind, so I regularly take the time to meditate. It is a practice that takes discipline to form and maintain.

My diet goals are sometimes challenging when my days are difficult. I remind myself that it is easy to fall off track and harder to stay on. **I prefer to conquer something difficult through focus and consistency.**

Although work hours are often unpredictable, I always make time for exercise. It is far from enough to say that I only have time for one or the other.

I get creative with my workouts. In between meetings, I do effective yoga stretches that both strengthen and relax me. A modified workout is of

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greater benefit to me than a nonexistent one. I **affirm that something is always greater than nothing at all.**

Today, I take on the challenges of life through a focused and disciplined approach. My daily endeavors are successful because I remind myself of the importance of consistency. I feel good about myself when I am able to stay on track.

## Self-Reflection Questions:

1. How much discipline is required to maintain a consistent sleeping pattern?
2. Which area of my life poses the greatest challenge to consistency?

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3. How do I encourage myself to eat healthily when I am feeling emotional?

**Affirmation: Each day,  
I make strides towards  
bettering my future  
and letting go of the  
past.**

I am fully aware that the past is in the past.  
Therefore, I keep my chin up and move forward  
with my life without looking back.

I have zero control over events that have already  
occurred in my life. However, I do have control over

my future. Therefore, ***I assert my authority over my future by making sound decisions*** that allow me to live well today and in the days to come.

I take responsibility for my actions. Generally, the things I do bring positive experiences into my life. However, from time to time, I do make an unsound decision. When this happens, ***I have the courage to face the outcome of my actions.***

I choose to learn from my difficulties, ensuring that ***the same mistake is never made twice.*** This in itself allows me to create a better future!

My possibilities are shining brightly! Rather than dreaming my days away, ***I make the most of each day by planting small seeds now to reap rewards in the future.***

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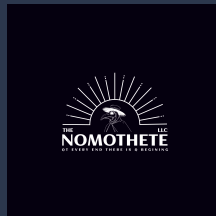
Life is about making the most of what I have now, while still reaching for greater happiness. I allow this understanding to fill me each and every day.

Today, I take an unbiased look at my future. I also make the most of the skills and gifts I have right now.

### **Self-Reflection Questions:**

1. Do I structure my goals into small measurable steps?
2. How can I let go of the past and completely focus on the here-and-now?
3. How can I ensure that I enjoy a comfortable future?

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