



YOUR LIFE PURPOSE

EXERCISE 1

Brainstorm a list of dreams - things, experiences, wishes - anything that you desire in life.

If you get stuck, here are some prompts to help you:

MY DREAMS

❖ I wish...	_____	_____
❖ I want to...	_____	_____
❖ I will ...	_____	_____
❖ I dream about ...	_____	_____
❖ My one desire is...	_____	_____
❖ Someday I will ...	_____	_____
❖ I always wanted to ...	_____	_____
❖ If I had time I would ...	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____

EXERCISE 2

Put your dreams together in a life purpose. Some guidance to help you:

- ❖ What common theme do you see running through your list of dreams?
- ❖ What life purpose would encompass all the dreams above?
- ❖ Can you bring it together in one sentence, or paragraph?

My life purpose is to

PUT YOUR LIFE PURPOSE SOMEWHERE YOU CAN SEE IT, AND READ IT ALOUD THREE TIMES DAILY