WHAT IS YOUR PURPOSE IN LIFE?
**HOW TO HELP FIND YOUR PURPOSE IN LIFE?**

*Here’s what to do:*

1. Take out a blank sheet of paper or open up a word processor where you can type (I prefer the latter because it’s faster).

2. Write at the top, “What is my true purpose in life?”

3. Write an answer (any answer) that pops into your head. It doesn’t have to be a complete sentence. A short phrase is fine.

4. Repeat step 3 until you write the answer that makes you cry. This is your purpose.
What I Love About My Life Right Now

1. In the center of a page, using simple little symbols and stick figures, draw in everything you really love in your life right now.

2. Everything that you cannot live without.

3. People, places, things that you already have

4. Everything in your life that you value--e.g., your children, your family, your friends, or house.
Is There a Purpose in Life?

Since each person is unique, from DNA to fingerprints, it's reasonable to believe that each of us also has a purpose, a reason for being, that is uniquely personal.
WHAT DO YOU THINK
YOUR PURPOSE IS?

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THE QUESTION IS NOT WHETHER WE WILL DIE, BUT HOW WE WILL LIVE.

BORYSENKO, JOAN
OUR DEEDS DETERMINE US, AS MUCH AS WE DETERMINE OUR DEEDS.

ELLIOT, GEORGE
LIFE IS A PROMISE; FULFILL IT.
MOTHER THERESA
I WOULD RATHER FAIL IN A CAUSE THAT WILL ULTIMATELY TRIUMPH THAN TO TRIUMPH IN A CAUSE THAT WILL ULTIMATELY FAIL.

WILSON, WOODROW
Think You Can Do Better?

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