

What is your Purpose

What Matters to Me?

Having a purpose can really help to give life meaning, can make us understand what is really important to us, can give us drive and passion and can help us set meaningful goals that we will be more likely to achieve either professionally or personally.

To define what is really important to you, go through the following process to define your values and your purpose.

From the list below, add any important values that are not on the list and then circle the 5 that are most important to you.

Achievement	Growth	Responsibility
Advancement	Happiness	Security
Adventure	Health	Self-care
Autonomy	Helping other People	Self-expression
Authenticity	Honesty	Self-respect
Balance	Humour	Serenity
Challenge	Independance	Service to Others
Commitment	Influencing Others	Spirituality
Community	Integrity	Stability
Compassion	Intellectual Status	Status
Competence	Kindness	Success
Concern for Others	Knowledge	Support
Cooperation	Leadership	Teaching
Creativity	Learning	Teamwork
Curiosity	Loyalty	Thrill
Effectiveness	Meaningful Work	Tolerance
Empathy	Nature	Tradition
Excellenece	Openness	Trust
Expertise	Peace	Variety
Faith	Perseverance	Vitality
Family	Power and Authority	Volunteering
Financial Stability	Recognition	Wealth
Freedom	Religion	Wellness
Friendship	Reputation	Wisdom
Generosity	Respect for Others	Wisdom

Consider your options?

List your personal and professional desires as well as your realities:

- 1.
- 2.
- 3.
- 4.
- 5.

What have you decided is your purpose?

List your core values

- 1.
- 2.
- 3.
- 4.
- 5.

Think about your purpose, what do you need more of or less of to achieve it?

More of?

- 1.
- 2.
- 3.

Less of?

- 1.
- 2.
- 3.