



THE Possibility MOM

CHAPTER 5

YOUR PURPOSE STATEMENT

STEP 1: Write down your "life themes"

After you have completed drawing your life timeline, examine any patterns or themes that emerge. This could include things like strategies that worked consistently to help you overcome challenges, words that define your unique personality or outlook on life, examples of what you are great at, what people praise you for, and / or special characteristics or gifts that make you uniquely you! Summarize those in a few bullet points here:

STEP 2: Write your life purpose statement

Consider the themes you identified above and synthesize these points to come up with a sentence that describes how you operate when you feel (a) most yourself and (b) most empowered to get through a crisis. It is a statement that should best capture what is most true about you, one that best captures your essence. It should clearly identify why you persevere in hard times, why you get out of bed each morning, and why your outlook on life is particular to you.

It may take some time and reflection, but here is a great place to start: I believe _____, and that is why _____.

I've included some examples to give you some inspiration.

Examples

"I believe that by aligning your internal values with your life (your job, the people you associate with, your hobbies) it will lead to true happiness and that is why I strive to listen to my heart and intuition above all else."

"I believe God has a plan for my life that is better than my own, and that is why I trust Him with everything."



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"I believe we are all connected, and that is why I choose to spend my time helping my family and close friends become the best versions of themselves"

"I believe this life is precious, and that is why I choose to live it daringly and with risk ."

Your turn
