



# Rediscovering Your Purpose: Reflection Worksheet

## Instructions

- Take your time with each question.
- Remember, there are no right or wrong answers—only your personal truth.
- Be honest and open in your responses.

Feel free to write as much or as little as you wish.

## 1. Tuning into Your Inner Compass

**1**

What are five instances in your life when you felt genuinely alive, fulfilled, or proud? Consider what you were doing at the time and who you shared those moments with.

**2**

What are the recurring interests or passions that have consistently appeared in your life?

**3**

What activities captivate you so much that you lose track of time?

## 2. Defining Core Values

What values resonate most deeply with you (e.g., compassion, freedom, creativity, connection, growth)? Please list 3 to 5 core values and explain their significance in your life.

When have you experienced a sense of living in harmony with these values Conversely, when have you felt a lack of alignment?

3. Comprehending Your Influence

1 What topics do people frequently seek your assistance or advice on?

2 If you were given the chance to tackle one global issue or ease a particular type of suffering, what would you choose?

3 Who inspires you, and what makes their influence significant? Which values or missions do they represent that resonate with you?

4. Envisioning the Future

Picture your 80-year-old self reflecting on your life. What achievements do you hope will make your loved ones proud?

If there were no constraints—be it money, time, or fear—what aspirations would you pursue in your life?

What is one small action you can take this week to progress toward a greater sense of purpose or meaning?

5. Statement of Purpose

Consider composing a short paragraph or a single sentence that summarizes your current perspective on your life's purpose. Keep in mind that this statement can evolve; it is a dynamic expression of your journey.

