

Creating Your Purpose Worksheets



Instructions

1. The first step is to collect all of the attributes that may be important to WHO you want to be and become.
2. Next, we'll make a list of the goals and dreams that you have and what you want to DO in the future.
3. Now, we'll look for the attributes you may want to acquire or strengthen to achieve those dreams and goals.
4. You'll then collect all of the attributes that are important to you on one sheet and start the elimination process.
5. Select 3-6 attributes that you will focus on for the upcoming year (or whatever time frame you'd prefer).
6. Lastly, you'll write a short paragraph as to why you chose these words and why they are important to you and the man/woman you want to become.

Step #1: WHO you want to BE

In the space below, capture a list of the attributes that you aspire to be now and into the future.

- How do you want those that you love to describe you?
- How do you want your friends to describe you?
- How do you want your co-workers to describe you?
- How do you want your community to describe the man or woman that you are?

Step #2: What are your Dreams?

What is it that you want to have or experience? What are your wants and desires? What are your dreams? Take a few minutes to think about what you'd like in each of these areas of your life.

Work/Career/Finances	Relationships/Community
Emotionally/Physically/Spiritually	Accomplishments/Legacy

Step #3: Attributes to Achieve Dreams

Now, looking at the goals and dreams from each of the 4 boxes on the previous page, think about what attributes you need to achieve those goals. You can also think about other people who may have achieved the goals that you want and extrapolate the attributes that they have/had that allowed them to achieve it. You may find that some attributes are needed in multiple boxes.

Work/Career/Finances	Relationships/Community
Emotionally/Physically/Spiritually	Accomplishments/Legacy

Step #4: Create a List of Favorite Attributes

Looking back over steps #1 and #3, create a short list of attributes that are really important to the man or woman you want to be and become. These can be attributes that you already possess that are really important to you AND/OR attributes that you aspire to gain over your lifetime. These can also be attributes that you admire in others.

My favorite attributes

Here's a list that you might find helpful to jumpstart your thinking.
(It is NOT all-inclusive.)

accountable	faith in oneself	playful
adaptable	faith in others	poised
affectionate	faithful	positive
agile	fearless	practical
ambitious	flexible	present
analytical	focused	proactive
articulate	forgiving	punctual
aspiring	friendly	realistic
assertive	frugal	realistic
authentic	fun-loving	relaxed
bold	generous	reliable
brave	genuine	resilient
calm	goodwill	respectful
candid	gracious	responsible
caring	grateful	responsive
cheerful	happy	self-assured
committed	hard-working	self-aware
compassion	helpful	self-directed
confident	holistic	self-forgiving
connected	innovative	self-giving
conscientious	integrity	self-reliant
considerate	intelligent	selfless
consistent	interdependent	sensitive
contentment	interested	serious
cooperative	intuitive	sincere
courageous	involved	structured
courteous	kind	sympathetic
creative	loving	systematic
curious	loyal	tactful
decisive	mature	temperance
dedicated	modest	thoughtful
delegating	motivated	thrifty
deliberate	nurturing	tolerant
dependable	open	tough
determined	open-minded	trusting
devoted	optimistic	trustworthy
disciplined	orderly	truthful
empathetic	organized	unflappable
energetic	outgoing	unpretentious
engaged	passionate	unselfish
enthusiastic	patient	visionary
ethical	peaceful	vulnerable
even-tempered	perceptive	warm
excellence	perseveres	wise
expansive	persistent	willingness

Step #5: Select 3-6 Defining Attributes

Now, using the short list in step #4, select 3 -6 attributes that you want to focus on for the coming months or year. These attributes will inspire you just by saying... *I am [fill in an attribute]* or *I am becoming [fill in an attribute]*. Remember, you can change these at any time. Don't get hung up on making these "perfect" during this first pass.

The Attributes I aspire to have or strengthen are		

To put a little perspective around your attributes... Let's imagine you were at your own funeral or memorial and people were walking around discussing the person that they remember you to be. What words do you want to be SURE that they use to describe you? How do you want them to remember you? Think about it... if you spent all of your years on this planet and you were listening to how others perceived you and your life, what would you really want to hear?

Step #6: Create Your Purpose

Last step... write a paragraph or a few sentences as to why you chose these words. Why are these specific words important to you?

I chose these words because...

This purpose paragraph is something that should inspire you to BE and DO. It should provide energy that you can feel throughout your mind, body and soul. It is what you want to read every morning to start your day motivated and inspired to BE YOU!!

Example

To help you with the exercise, we've given you an example to look at for guidance.

Step #1: Who do I want to BE?

Loving, Kind, Compassionate, Inspiring, Dedicated, Driven, Loyal, Resilient, Generous, Authentic, Passionate, Present, Bold, Innovative, Collaborative, Vulnerable, Wise, Trustworthy, Empowering, Engaged

Step #2: What are my dreams?

Work/Career/Finances	Relationships/Community
Retire in 5 years Have \$2MM in retirement No debt in 2 years Reach the level of director	Loving relationship with my spouse Children who love and respect me Volunteer at Special Olympics Quarterly neighborhood get-togethers
Emotionally/Physically/Spiritually	Accomplishments/Legacy
Read 2 books per month Work out regularly and eat a healthy diet Meet regularly with my church small group	Learn another language Start a charity Start a business

Step #3: What attributes do I need to achieve these dreams?

Work/Career/Finances	Relationships/Community
Persistence Consistency Courage Authenticity Decisive	Compassion Empathy Dedication Determination Generous
Emotionally/Physically/Spiritually	Accomplishments/Legacy
Self-confident Vulnerable Consistent Accountable	Grateful Genuine Optimistic Bold

Step #4: My favorite attributes

Loving, Compassionate, Inspiring, Dedicated, Resilient, Authentic, Passionate, Present, Bold, Innovative, Collaborative, Vulnerable, Trustworthy, Empowering, Engaged, Persistence, Consistency, Courage, Authenticity, Self-confident, Vulnerable, Grateful, Optimistic

Step #5: My Attributes

The Attributes I aspire to have or strengthen are		
Inspiring	Bold	Optimistic
Present	Compassionate	Resilient

Step #6: I chose these words because...

I will develop strong relationships with my spouse, children, and grand-children. I want to inspire them to boldly go after their dreams. I will be optimistic even when circumstances seem to go against me. And in the trying times, I want to be resilient knowing that no matter what happens, I will be OK. In order to show compassion to others and make a positive difference in their lives, I want to be present and stay focused on them letting them know that I really do love them and care for them.

If you are open to it, please share your attributes and purpose statement (why you chose those words) in the comments section of the show notes for episode 106.

Also...

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