

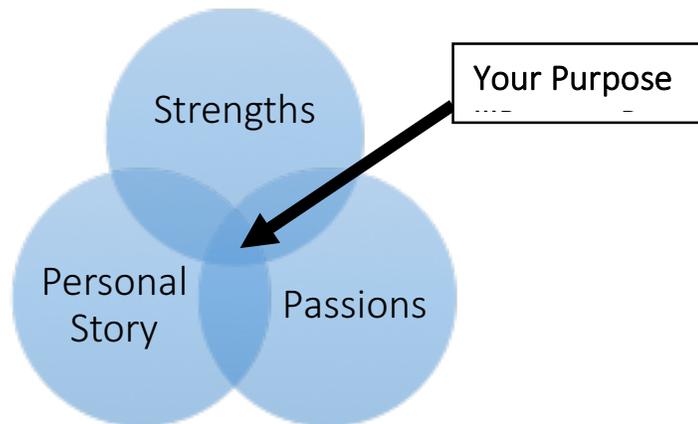
How to Craft Your Purpose

What do I mean by Purpose? Purpose is something that has you wake up every morning. When your life has purpose, you don't need motivation. Your purpose is deeper than that. It becomes something you feel like you just *have to do*. It is part of *who you are*. It's your natural self expression. And it's usually *not* something you can achieve in your lifetime because it *isn't* finite. It's a commitment to something bigger than yourself.

4 STEPS TO CRAFTING YOUR PURPOSE

1. Document Your Story

- a. Description: Every life is unique. All 7 billion people on the planet have unique circumstances,



unique personalities, unique thoughts, and unique gifts. There are challenges that you have overcome, places you have been, experiences that you have had that make you different. It's your job to analyze all of this, document it, and find the meaning in it.

- b. Create your own autobiography. It can be as simple as a word document, or as complex as a scrapbook.
 - Write down each year. Under each year write down any significant moments or memories you had during that time. This includes both the good and bad. Write down as much as you can, even if it's not life-altering. This will enable you to see patterns that you may not have seen before. This is the beginning to creating a new identity for yourself.
 - Review the entire thing and write down any general themes that come up; travel, sports, science, philosophy, family...
 - Narrow down the themes to 2-3 and add them to the circle below.
- c. Craft a narrative. Write down your story almost like an extended bio. Something that describes your journey and highlights the themes that you've identified.

2. Identify Your Unique Strengths:

- a. Description: It's best if you can think of these strengths as your unique gifts, or contributions. Don't settle for what you're good at, I want you to think about the things you are so naturally good at that maybe you don't even think much of it. Your real strengths might even be something you aren't using much at all right now, and have forgotten about. The strengths that

you have are gifts that you've been given that can be used to make the world better in some way. For example, maybe you naturally take leadership positions, or excel at sports, or are good with numbers. Maybe you develop relationships really quickly, take great photos, or write beautifully. Write down the answers

- b. Exercise: Ask yourself the following:
 - What are you best at?
 - What comes so naturally to you that it would almost be impossible for you to fail at it?
 - Think about when you were a kid, what were you good at then, that you are still good at now? This will help you realize that this strength is part of who you are.
- c. Write down 3-5 strengths in the circle

3. What are Your Unwavering Passions

- a. Description: I'm not interested in what you're interested in, or what you enjoy doing. I want you to think about what you are deeply passionate about. I want you to identify the passions that just never seem to go away. These are the thoughts that pop in your mind over and over again. These are the things you've always wanted to do, or learn, or discover. And remember, you may have forgotten about how much you loved it. You may need to dig up the passion and re-energize it
- b. Ask yourself...
 - What are the topics that you naturally gravitate to?
 - What books are on your bookshelf?
 - Is there something that you find so fascinating that when you hear others talking about it, you automatically want to participate in that discussion?
 - What did you love to learn about when you were little? Even if it wasn't taught in school...
- c. Write 3-5 Passions in the circle below.

4. Put it All Together

- a. Think about the space in the middle of the 3 circles. Here's how they fit together.
 - What you choose to dedicate your life to will most likely be related to one (or more) of your passions. If you have more than one written down, think about how they might work together.
 - Your Story helps bring your passions to life. Your story will also give you a sense of *why* you are passionate about those things. You will see connections between your life experiences and what you're passionate about.
 - Your Strengths activate your passions and your story. Your strengths help you actually make your purpose come to life. You use your strengths to turn the passions into the job of your dreams.
- b. Look at the whole picture. Write down your future as if it has already happened. What do you see yourself doing? How does your life look? Make your purpose real by envisioning it, documenting it, and re-reading it whenever you can.
- c. Continue to modify it. This is an ever-changing process. Expect that you will always be perfecting it, and life will just keep getting better and better.

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