

# PURPOSE PRACTICE SHEET

**UNSTUCK**  
Live better every day

## 1. PINPOINT YOUR VALUES

To investigate what's truly important to you, answer the questions below (expanded from a set in *Life Reimagined*, Berrett-Koehler, 2013). Take your time. Go from your gut. And write them down on the back.

1. *What motivates me to get up in the morning?*
2. *What keeps me up at night?*
3. *What am I doing when I'm at my best?*
4. *Why am I bothered by what bothers me?*
5. *Why do I do the work I do?*
6. *Why do I live where I live?*
7. *Why do I buy what I buy?*
8. *Why do I long for what I long for?*
9. *Why do I read and watch what I do?*
10. *Why do I admire whom I admire?*
11. *When am I happy?*
12. *Why do I have the relationships that I have?*

## 2. CONSIDER YOUR OPTIONS

### List your opportunities

Think small as well as big or medium, personal as well as professional, dreams as well as realities.

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

### List your core values based on your answers to #1

Core values are your foundational beliefs, ways to think and act that are more important to you than anything else.

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

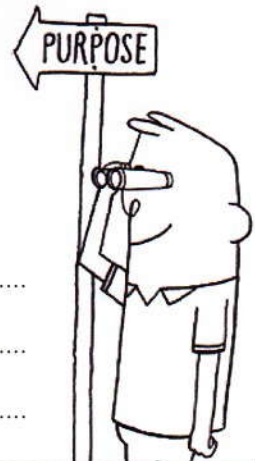
Now, connect each possibility with as many or few core values as apply. You're looking for the opportunity that best matches your values.

**WHAT HAVE YOU DECIDED IS YOUR PURPOSE?**

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## 3. MAKE ROOM FOR WHAT YOU LOVE

Think about your purpose. What do you need more or less of to achieve it? Refer to your answers in #1 for guidance.

### Maximize

- 1.
- 2.
- 3.

### Minimize

- 1.
- 2.
- 3.

## 4. FILTER BY PURPOSE

When you're feeling out of sorts about what's going on in your life, or if you're trying to decide if a new opportunity fits your purpose, use these questions to filter through to an answer.

- What core value does this fit with?
- What level of excitement do I have about this?
- Will/does this distract from something else that is very important to me?
- How might this play out in the future?