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Discover your purpose

Sometimes it's easiest to find your purpose in the actions of others. This 6-page worksheet will help you discover the archetypes of people you most admire, identify their super powers, and then use that as a guide to help you create your own purpose statement.

Part 1: Admire and be inspired—who speaks to your soul?

Make a list of people you admire. Brainstorm as many as possible without editing or judging who shows up in your mind.

These people can be:

- Alive or dead
- Fiction or nonfiction
- Deities, superheroes, pop icons
- Influential or inspiring people in your personal life like a coach, mentor, teacher, neighbor, friend, or family member

List as many as you can, but ideally you'll want to have 3-15 people on your list.

Influential People



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Part 2: Feel any kindred spirits?

Now, look at the list you just created and sit with it for a moment. Who do you feel a connection to? Did any feel like a kindred spirit or share qualities with your true self?

When you're ready, **choose three** that resonate with you most in this moment and write them down in the right-hand column. **Don't overthink this.**

Influential People	My top three

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Part 3: Examine their essence.

Look at the three people on your list. What are a few primary roles, titles, or names you give these top three inspiring people on your list? This doesn't have to be the name or title that they would themselves use on a business card. This is more about what you see them as.

Consider what word or words you'd use to introduce each of these people at a dinner party.

My top three	

F	heir titles	6	

Part 4: What are their special powers?

Next, we'll clarify their special powers. An archetype's special power is their strength, talent, or winning formula. It's their way of being that made them successful or stand out to you. Reflecting on your three people, ask yourself: "What is it about each of these people that makes them great or inspires me?" or, "What are their unique qualities that have made them so impactful?" Don't look for the "right" special power, **look for the one that resonates with you**.

My top three

Their special powers		

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Part 5: What's their legacy?

Next, we'll get into legacy and impact. This is the difference someone's making in the world. It's the outcome of fully living in alignment with purpose over their entire lifetime. Reflect on your three people and ask yourself: "What is the impact each of these people have had on others or on the world?" "What do they uniquely contribute?" "What would be missing if they weren't here?" Be more general with the impact.

My top three		
Th	neir impact or lega	cy



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Part 6: Try it on.

Worksheet

Study the list you generated. Try on each title, special power, and impact that's on your worksheet. Do any feel like you? Pause, and really sit with the qualia of each of the titles, special powers, and impacts.

My top 3	Their title	Their power	Their impact

Check in with your body for a sense of energy, resonance, or alignment. Look for the feeling of familiarity and ease. You can also look like repetition or themes that might emerge. Don't think too hard. Use your intuition, and choose one from each list that feels the most like your purpose and resonates with your soul.

вох 1 My title	вох 2 My power	вох з My impact

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Part 7: Your purpose statement

Sit with your statement for a few moments, repeating it to yourself silently like your mantra. Then speak it out loud and feel it in your heart. *If it's resonating with you, then get ready to act on it!*



