

**My Life Purpose Instrument**  
*Discover Your Life & Leadership Purpose*

**Please answer the following questions as fully as you can with as much detail as possible** to help us discover your life purpose and articulate it as accurately as possibly. Actively living your life purpose will unleash your leadership potential and the joy of a more successful, satisfying and fulfilling life. Please do not skip any of these questions OR give one-word responses unless asked to do so.

**What did your eight-year old self (or seven, eight, nine-year old, etc.) most love to do? And, what did you dream of becoming and doing when you grew up?**

**What do you love doing? What are you most passionate about? What makes your heart sing and soar?**

**What are your talents and special gifts? What do people (loved ones, colleagues, etc.) most appreciate about you? And what are you often recognized and praised for doing?**

**What do you feel supremely qualified to teach others? How do/can you best serve others?**

**What are your most heart-felt core values?**

**Identify the ONE word, theme or character trait that best captures your essence, who you are and what you aspire to be?**

**Please share 2-3 defining moments in your life that forged who you are as a person and the type of leader you aspire to be.**

**What is your biggest regret in life, to date? If you had to do it over again, what, if anything, would you do differently? OR, What do you believe is your biggest obstacle to achieving your wildest goals and dreams?**

**What matters most to you in terms of the problems facing mankind? And what is the unique way you want to contribute to the world? Does it, perhaps, involve making a difference on some issue you feel most passionately about, e.g., child welfare, education, hunger relief, poverty, homelessness, LGBTQ or gender equality, ending violence, protecting the environment, etc.?**

**What is your biggest dream in life?**

**What is your current job? Do you/did you find it fulfilling? Is it allowing you to live your purpose? What could you do to more fully live your life purpose through your current job? NOTE: You live your purpose not just in your job, but through your ENTIRE life.**

**Please re-read your responses to these questions and write succinctly in 5-20+ words how you would leverage your talents, expertise and passion to contribute to the world.**

Suggestion: Start by stating the specific talent/expertise/passion you will leverage to serve others and our planet. Do not start by saying "My purpose is to inspire others..." You should start by saying with what you will do to elicit this response in others. See NOTE below.

**My purpose in life is to:**

**NOTE:** A life's purpose is one that leverages our greatest talent, expertise and passion in service of other people and our planet. The most powerful life purpose statements are expressed in a way that is ACCURATE, INSPIRING and GALVANIZING to us. Your purpose should not simply be a string of words (because they're not as galvanizing as a declarative statement) and it should contain words and ideas that ring true for you and delight and excite you.

My life's purpose is: *"To choose joy in my life every day, to be mindful of that joy, and to share that joy with others."* If I were to distill this down even further, I would say: *"To bring joy to the world!"* My life's purpose is easy to remember and delights and excites me every time I recite it to myself and share it with others. And, yes, I strongly recommend that you MEMORIZE and RECITE your purpose frequently as an affirmation to focus and drive you to accomplish what matters most to you. And SHARE your purpose with others as often as you can. Sharing your life's purpose will quickly communicate, even to perfect strangers, who you are at your essence, what matters most to you and how you serve others. It's the "ultimate calling card" to introduce yourself in a way that is deeply profound, authentic and succinct, which is essential in a time of sharply decreasing attention spans. SHARING your purpose will allow you to enlist support from others to help you accomplish what matters most to you.

**BOTTOM-LINE:** Discovering and having the courage to live our life's purpose is the single most efficient and powerful way to UNLEASH our leadership potential and the JOY of a more satisfying and fulfilling life.

---Patrice Tanaka, Chief Joy Officer, Joyful Planet, [Patrice@JoyfulPlanet.com](mailto:Patrice@JoyfulPlanet.com)