**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**My Life Purpose Questionnaire**

*“Discover Your Life & Leadership Purpose”*

Developed By Patrice Tanaka, Joyful Planet LLC

**Please answer the following questions as fully as you can with as much detail as possible** to help you discover your life purpose and articulate it as accurately as possibly. Completing this My Life Purpose Questionnaire will help you write the “first iteration” of your Life Purpose Statement. For help in “finalizing” your statement so it is “accurate,” “inspiring” and “galvanizing” to you – the hallmarks of the hardest-driving purpose statements, please email your completed questionnaire to [Patrice@JoyfulPlanet.com](mailto:Patrice@JoyfulPlanet.com) 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 very/supremely qualified and confident teaching 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. (Please do not skip this question and provide as much detail as you can.)**

**What is your biggest regret in life, to date? If you had to do it over again, what,   
if anything, would you do differently? AND, 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, youth development, education, hunger relief, poverty, homelessness, LGBTQIA+, gender equity, women’s economic empowerment, women’s reproductive rights, diversity/equity/inclusion, ending violence, gun violence, protecting the environment, world peace, etc.?**

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

**What is your current job? What could you do to more fully live your life purpose through your current job? IMPORTANT NOTE: You live your purpose NOT just through your job, but through your ENTIRE life.**

**Please re-read your responses to these questions and write succinctly in 10-25+ words how you would leverage your talents, expertise and passion in service of other people and the planet.** Suggestion: Start by stating the specific ACTION(S) you will take every day to BUILD, STRENGTHEN and LEVERAGE your talents, expertise, and passion, possibly focused on a specific issue or perhaps in a more general way (e.g., make the world a better place), in service of other people and our planet. Please do NOT say “My purpose is to inspire others…”   
If that is your goal, you should start by saying what you will do in your own life to be a role model to inspire others to take whatever action you want them to take. See NOTE below.  
  
**Please complete this statement: 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 joy, and to share 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. **Importantly, my life purpose articulates the specific ACTIONS I must take every day**. 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. Moreover, SHARE your purpose with others as often as you can. Sharing your life 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, memorable and succinct, which is essential in a time of sharply decreasing attention spans. SHARING your purpose will allow you to connect and engage with others and, possibly, enlist support 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