

# Drafting Your Purpose

fill in the blanks: [like this](#)

This activity is about **clarifying your Life's Purpose**, so you can effectively articulate it to yourself and draw energy and motivation from it.

**Start** by relaxing, removing distractions, and applying some essential oils to help you focus and think clearly. I suggest using the SEARCH essential oil blend from [benbalden.com/search](http://benbalden.com/search).

**Take your time.** Take each section at a time and be vigilant in spending AT LEAST the suggested time for each question before you move on even if you can't specifically think of anything. Just continue to ask the question to your mind. Your deeper mind will go to work. If you are not writing, your thinking.

**Come back later.** You may find that you want to review this later to add insights. This is a process that you will want to revisit over and over as you continue to refine and clarify your specific purpose as you grow and evolve.

## STEP 1) Introspection (learning about yourself)

Start by **dumping out your mind**. On the top of your head, what notions or preconceptions do you have about what your life's purpose looks like?

- What elements do you think it would have? What areas might it be in?
- Who would you be benefiting? How does their life change as a result?

(Take at least 5 min – set a timer)

List your ideas here:

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(don't write more than you can fit here)

## Life's Purpose Meditation Exercise

Now, we are going to do a brief visualization exercise to further tap into your subconscious. We are going to get relaxed and focused then imagine being presented with our life's purpose. (Start your timer for 5 minutes)

If you have it, put on some relaxing music. Close your eyes. Practice breathing slowly for a few deep breaths. Relax your muscles. Imagine you are in a large beautiful garden. The air is a perfect temperature, and the sun is low on the horizon. You and all your loved ones are safe and cared for abundantly. You walk through this amazing garden. Spend a minute here imagining the happiness, love, and joy.

You walk further up the path to a beautiful temple. Imagine being there. As you stand admiring this beautiful temple, a light from heaven opens up, and a heavenly being descends and stands before you holding an ornate gift.

The messenger greets you, calling you by name and hands the gift to you. He tells you that it contains your life's purpose for this moment in your life. You admire the beautiful box, and when you look back up at the messenger, he's gone, leaving you there at the steps of the beautiful temple alone with this gift.

You open the gift, and when you look inside, your soul fills with emotion and joy. Before you is your life's purpose...

Describe what you see in the gift.

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(don't write more than you can fit here)

## STEP 2) Your Known Personal Qualities

Having tapped into your subconscious, you will gather further information from what you know or think you know about yourself.

All this information will help you get clear and build confidence in what you ultimately choose to adopt or acknowledge as your current version of your life's purpose.

What are the **most important values** in your life? (spend exactly 2 minutes here)

*For example: honesty, integrity, reliability, service, ...*

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(don't write more than you can fit here)

What **qualities** do you feel best **describe you**? (spend exactly 2 minutes here)

*For example: funny, problem solver, a good listener ...*

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(don't write more than you can fit here)

How do you **love expressing** those qualities? (spend exactly 2 minutes here)

*For example: when my friends have problems, I make them feel ...*

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(don't write more than you can fit here)

What **gifts or talents** do you have? (spend exactly 2 minutes here)

*For example: making people laugh, organizing, making videos ...*

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(don't write more than you can fit here)

What are some things you are **really good at**? (spend exactly 2 minutes here)

*For example: research, writing, nursing, corporate income taxes...*

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(don't write more than you can fit here)

What do you believe is the best service **you can offer** the world? (spend exactly 2 minutes here)

*For example: I can help people who have been wronged navigate the complex legal world of the courts, so they can be whole again ...*

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(don't write more than you can fit here)

What do you think **people need** right now? (spend exactly 2 minutes here)

*For example: The world needs more health professionals who really take the time to seek to understand needs and provide ...*

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(don't write more than you can fit here)

What does **a perfect world** look like to you? (spend exactly 2 minutes here)

*For example: A perfect world is one where everyone can manage their personal finances and invest in their future ...*

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(don't write more than you can fit here)

What are you doing in your life that **you really enjoy**?

**How good** are you at doing it? (spend exactly 2 minutes here)

*For example: I really super enjoy helping people enjoy nature's beauty by landscaping for people using renewable, native plants ...*

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(don't write more than you can fit here)

Looking back at your life, is there something you've done to help others that really **brought you joy**? Explain. (spend exactly 5 minutes here)

Describe the experience in your own words.

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(don't write more than you can fit here)

If you could do **any job** in the world, what would you ultimately do? (spend exactly 2 minutes here)

Describe it.

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(don't write more than you can fit here)

What is something you do that you just **lose track of time** with? (spend exactly 2 minutes here)

*For example: When I am programming and debugging my apps, I am completely "in the zone" and lose track of everything else ...*

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(don't write more than you can fit here)

What is something you do for others that just **lights you up**? Explain. It's okay if your answers are similar to those above. Delve deeper. (spend exactly 2 minutes here)

*For example: I love drawing, painting, and creating art that expresses myself and seeing others connect with and get lost in it ...*

(don't write more than you can fit here)

What do you really **love to learn** about? (spend exactly 2 minutes here)

*For example: I really enjoy learning about electronics, electrical circuits, gadgets, gizmos, and all sorts of electronic components ...*

(don't write more than you can fit here)

Is there **anything else** that **interests** you or that you **would like more of** in your life? (spend exactly 2 minutes here)

Dream BIG and brainstorm everything that has ever excited you. Fit all those ideas in here.

(don't write more than you can fit here)

## STEP 3) Ponder, Sift, & Prioritize

Awesome! Congratulations on having completed all that brainstorming. Remember, you can always come back and add more to each area. The time and space limits were to help keep you focused and begin to subconsciously eliminate what's more important to you. We're going to do more of that here. Run through the checklist below to evaluate what you have learned about you.

- Take 30 seconds to review your responses from a bird's eye view
- Now return and circle ideas and concepts that are prominent, repeat, or are most meaningful to you
- Take a deep breath. Ask yourself, "**Given what I have and love to do and what people need, how can I contribute?**"
- Visualize your life being filled with fulfilling meaning and purpose
- Using what you learned, list below 3 possible life's purpose statements

Remember to include:

- something **about you**,
- the **people you serve**, and
- the **results** you envision for them and the world.

*Example #0: I'm a relatable real estate agent who helps families with young children find the perfect home for their personality and needs, so they can comfortably live, grow, work, and enjoy daily life.*

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Possibility #1

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Possibility #2

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Possibility #3

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### Sifting & Prioritizing

Ok. Good. Now, remember, you can go through this exercise again to further refine and articulate your life's purpose. You have been asked to narrow your choices down to these three, but you can do the following exercise with other possibilities, too.

Thinking about these three prospects, answer the following questions. Remember if you are not writing, you are thinking.

What **opportunities** are open to me right now? (allow 3 min)

*For example: I am currently working in a restaurant where I can learn business management, and I have three entrepreneur friends...*

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Which ideas would take some **time** and **additional learning** to develop? What would you need to invest? Time, money, resources? (allow 3 min)

*For example: I know I would have to go back to school if I want to become a therapist, but I already have what I need to...*

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If **money** were not an issue, what would you love to do? (allow 3 min)

*For example: I would open a whole restaurant chain focused on serving the growing trend toward sustainability and wellness...*

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If **time** were not an issue, what would you love to do? (allow 3 min)

*For example: I would get all the experience and learning I need to become the actor I have always dreamed to become...*

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Is there a way I can **monetize** what I want to do, so my passion can support my passion? (allow 5 min)

*For example: I could charge a tuition at my dance studio and write a book or produce a video series that can help people learn the basics, and I can learn some marketing skills to sell these products...*

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Is there something I can **work minimal hours at to support** my efforts to pursue my life's purpose? (allow 5 min)

*For example: I am currently working in a bank, which I do not enjoy, but I can work extra time, reduce my personal expenses to save enough to get my broker's license and start out on my own...*

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### Put A Stake in The Ground

You likely feel more **clarity and inspiration** going through this exercise. If you don't just continue following it through and return to it a number of times and gradually the introspective questions will help you gain more and more clarity.

Clarity often comes when you **remove the clouds**, and in this case that means narrowing down the possibilities. Which is what we are about to do now. Are you ready?

- Take a minute to review your responses in this step
- Now return and circle ideas and concepts that are prominent, repeat, or are most meaningful to you
- Take a deep breath.
- Using what you learned, chose one life's purpose statement

Write your life's purpose statement here.

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## STEP 4) Committing & Initiating

Let's check, edit, and refine your purpose statement. Let's make sure it has all the necessary elements to give you the drive, the passion, and the motivation that will fuel your fulfillment. In regards to the statement you just identified..

Who are **you**? What special thing about you makes you the right person to serve in this way? (allow 3 min)

*For example: I am a highly energized ex-corporate executive with a passion for deep-water fishing...*

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What do you **do**? What specific talent, skill, ability (whether you are currently good at it or now) do you have or will acquire and how will you use it to serve others? (allow 3 min)

*For example: I assess financial situations, and develop investment, savings, or retirement plans, and guide through implementation...*

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**Who** do you do it for? Be as specific as possible. Is that specific group of people the end beneficiary of what you do? (allow 3 min)

*For example: Young, married, college-educated mothers on the East Coast, who have chosen to stay at home and raise their children...*

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What do those people **need**? What problems, pains, dreams, goals, or needs do they have? (allow 3 min)

*For example: These men desperately want to connect with others in the world and achieve success in their career at a higher pace...*

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How do these people **change** as a result? Combine elements of all the other questions. (allow 3 min)

*For example: "I am a classically-trained musician who plays soothing music for busy white-collar professionals working in busy cities who are then able to relax and enjoy life and their family after a busy day."*

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Does this statement have the following elements?

- Something special about **YOU**
- A **SERVICE** you provide to others
- A **RESULT** you envision to bring about

If no, rinse and repeat. If yes, click your heels together 3 times, because you are done. Well, not quite. Move on to the final section...

## Implementation & Initiating

A pretty little phrase like this is not good unless it is used. You must ...

- Commit to it.
- Remember it.
- Take action with it.

### —COMMIT TO IT—

Decide right now to make this the first day of the rest of your life. When you feel 90% good about your new life's purpose statement, decide to stick with it. Adopt it. And see it through to the very end.

That means **seriously resisting** drastically changing or abandoning it. You may further clarify and evolve it as you learn and grow yourself.

Take the following [Hippocampus<sup>1</sup> Oath](#):

- "I vow to stick with my new adopted life's purpose, to remove all distractions from it, and work toward the realization of this purpose no matter how long or what the cost!"

Sign here: \_\_\_\_\_.

### —REMEMBER IT—

Your word is only as good as you remember it. Promise to yourself and another person, ... who is not yourself, the following:

- You will **record** this somewhere **where you can see** your life's purpose often
- You will take a few minutes and **review it every day** without fail

### —TAKE ACTION TOWARD IT—

Think of one thing no matter how small or seemingly insignificant that you can do before you end your day to **forward your life's purpose**. And do it.

*For example: I will contact John about my business proposal...*

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- I did this!

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<sup>1</sup> The **hippocampus** is a major component of the human brain associated mainly with memory, in particular long-term memory.