

# DISCOVER YOUR PURPOSE

FREE Resource



By Ernesto Moreno



# Identifying your PURPOSE

Answer the following questions succinctly. Don't think too much, go with your first response.



What are your favorite TV programmes?

What kind of environment inspires you?

What section of the bookshop draws you?

What part of the newspaper do you turn to first?

What kind of daily structure suits you?

What did you enjoy doing as a child?

What kind of people do you naturally get on with?

Who is your career hero?

When have you been the most happy on your career?

Who do you admire?

# Identifying your PURPOSE



What charity would you volunteer for?

What would be a great present for you?

Where do you add the most value to others?

What do you find difficult to stop doing?

Gun to your head, if you had to leave the house all day, where would you go and what would you do?

What are the titles of the 3 books you would love to write?

What would you do if you have 5 times your salary in your bank?

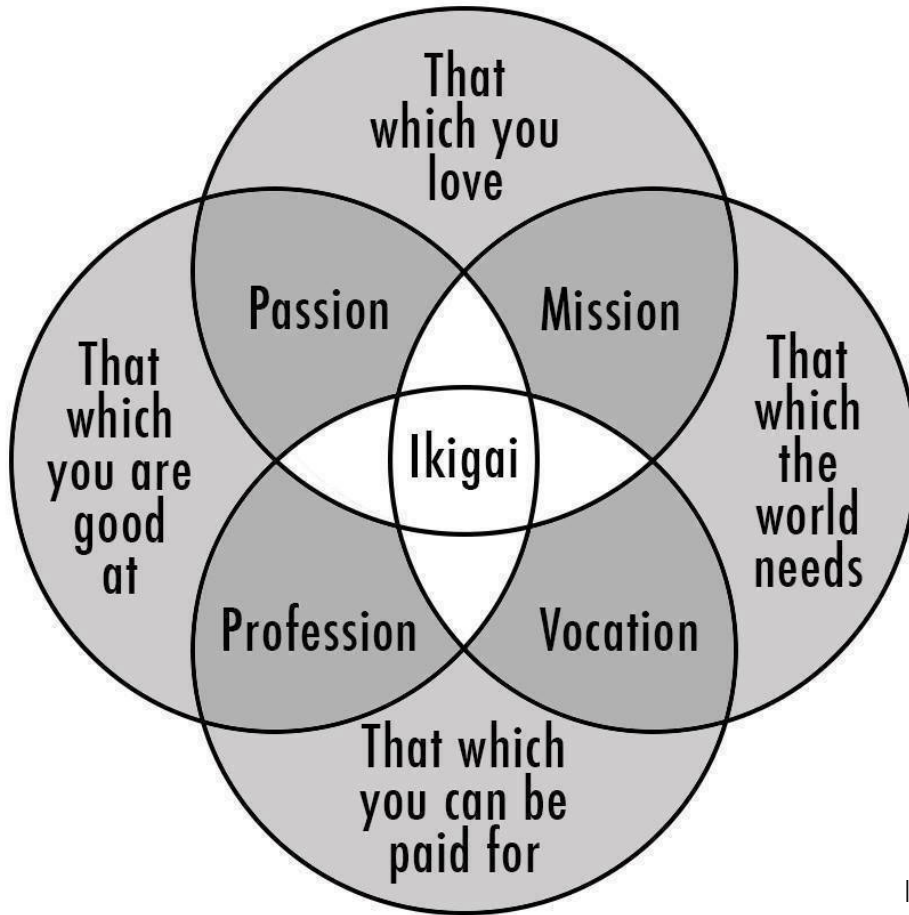
If you were to die in 12 months, what would you do?

What would you do if you knew you could not fail?

What makes you special?

Now that you've finished, go back to your responses and try to identify the common themes that emerge. Look for the commonalities and the skills that come up and also think about how you make decisions. What is it that you value? Money, learning, experience? Think about what you want to do in your life and take your outcome to the graph in the next page.

# THE PURPOSE SWEET SPOT



What do you LOVE doing?

What are you VERY GOOD at?

What of the above can you GET PAID to do?

Is that something the world needs and move you into ACTION?

# WORTH WATCHING AND READING



WATCH

## Stop searching for your passion

Terri Trespicio - <https://www.youtube.com/watch?v=6MBaFL7sCb8>

## To find work you love, don't follow your passion

Benjamin Todd - <https://www.youtube.com/watch?v=MKlx1DLa9EA>

## How to know your life purpose in the next 5 minutes

Adam Leipzig - <https://www.youtube.com/watch?v=vVsXO9brk7M>

## Why some of us don't have a true calling

Emilie Wapnick - [https://www.ted.com/talks/emilie\\_wapnick\\_why\\_some\\_of\\_us\\_don\\_t\\_have\\_one\\_true\\_calling](https://www.ted.com/talks/emilie_wapnick_why_some_of_us_don_t_have_one_true_calling)

## On Life Purpose

Rick Warren [https://www.ted.com/talks/rick\\_warren\\_on\\_a\\_life\\_of\\_purpose](https://www.ted.com/talks/rick_warren_on_a_life_of_purpose)

## 7 lessons about finding the work you were meant to do

<http://ideas.ted.com/7-lessons-about-finding-the-work-you-were-meant-to-do/>

READ

## 7 lessons about finding the work you were meant to do

<http://ideas.ted.com/7-lessons-about-finding-the-work-you-were-meant-to-do/>

## The four dimensions of job fulfillment

<https://medium.com/@mags/the-four-dimensions-of-job-fulfillment-and-a-map-to-find-them-81198b50cd79#.pigsiall6>

## The most important question in your life

<http://markmanson.net/question>

**The Da Vinci Curse** – Book by Leonardo Lospennato