



# EXPLORE IN ALIGNMENT WITH YOUR PURPOSE

## Lesson

Purpose creates energy and resilience, and it serves as a filter so you can focus on the essentials during expeditions into the unknown. Remember, when your purpose is activated, it produces motivation.

## Question (use Practice to answer)

What is your purpose, and are you aligned with it?

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## Practice (to answer Question)

To unlock your purpose, use the following steps to come up with your purpose sentence:

**1 LinkedIn You:** Identify and list your labels, both personal and professional.

• _____	• _____
• _____	• _____
• _____	• _____

**2 Legacy You:** How do you want to be remembered? Craft a meaningful eulogy for yourself.

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- 3 **My Superpower:** Define your superpower (i.e., your unique gift), which is that ability or talent you excel at and do with ease.

- 4 **My Purpose Sentence:** Reflect on steps 1 through 3. Write a simple sentence that articulates your purpose. Feel free to use this formula:

My purpose is [insert words from Legacy You/My Superpower] to help [insert who or what].

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**Note:** Once you have your purpose sentence, archive it somewhere that you will see it often to make sure you stay aligned with it.

### Example

1 **LinkedIn You:**

- Husband and dad
- Lifelong learner
- Student and teacher
- Business owner
- Avid skier
- Lawyer

2 **Legacy You:** He lived a life that mattered. He loved his family through the good and hard times. He sought wisdom through a dedication to lifelong learning. He brought people together so they could build better communities to discover more possibility for all.

3 **My Superpower:** Connecting ideas and people.

4 **My Purpose Sentence:** My purpose is to share the wisdom of others to help people discover more possibility.

**Note:** I will put my purpose sentence as the first appointment on my schedule each day as a reminder to stay aligned with it.