

!! Create Your Purpose

.....

PURPOSE PLANNER

Quinn Tempest

WHY, HELLO THERE!

I designed this Purpose Planner to help you bring awareness to parts of your life that may help you create your own purpose. Think of these prompts like the different pieces that make up a layered collage. Each element plays an important role in creating a cohesive image - *your purpose*. First, we must look at each piece individually, and then, we must take a step back and see if there is a common connecting thread.

Remember, there's no right or wrong here.

Just jot down anything that comes up as you move through these pages. Maybe something will unfold for you right away after some reflection, or maybe you'll end up having more questions than answers, and that's okay too.

After thinking through these prompts, I encourage you to reflect on a brief sentence or phrase that elegantly expresses a purpose that resonates with you. It could be something like "My purpose is to help others heal their trauma" or even simpler "I heal." If you're not ready for that step yet, don't worry, just keep pondering.

This is the beginning of a very personal journey, and everyone goes at a different pace. Stay open to the process and observe what may come up in your day-to-day life when you hold these ideas loosely in the back of your mind. You may start to find some clarity where there once was fuzziness. Boldness where there once was hesitation. Trust in those feelings and where your curiosity guides you. You may be surprised at what you uncover.

Quinn Tempest



PURPOSE PROMPTS



My Past Key Experiences

What key moments in your life have defined you and why? What lessons have these taught you? How were your values shaped? *(Remember: these could be positive or negative experiences.)*

“Everything that happens to you is your teacher. The secret is to sit at the feet of your own life and be taught by it.”

-Polly B. Berends





My Relationships



Who has left an indelible mark on your life (positive or negative), and more importantly, why? What qualities, traits, and characteristics do you admire in these people? What qualities repel you?

**Relationship is the mirror in which we see ourselves as we are.
All life is a movement in relationship. There is no living thing on
earth which is not related to something or other.**

-Jiddu Krishnamurti



Who I Care About

Who or what do you truly, deeply feel for? What characteristics define them? What in you makes you feel so drawn to them and why? *(e.g. Sue is a yoga teacher who cares deeply about women with eating disorders and feels passionate about helping them regain their physical and mental strength).*





My Strengths



What are your innate talents and gifts? What comes easy to you? What skills have you developed that bolster your talents? What knowledge have you gained?



My Passions

What lights you up? What do you love to do? What areas of your life or work make you feel the most energized? What do you want and love to do in your free time? What activities do you get totally lost in, experiencing a 'state of flow'?



My Values

What are the most important things to you? What beliefs do you hold deeply and guide you in your everyday life? Why do you think you value these things? Do you see a disconnect between what you value and your behaviors? Why do you think that is?



My Highest Self

When have you felt a moment of authentic connection, full embodiment, even transcendence. In other words, what makes you feel fully alive more than anything else? Do you feel called toward something or someone?

REFLECTION



After you've put some thought to each prompt, take some time to reflect in the space here. Some things to think about:

- Do you see any commonalities in your answers to different prompts?
- Was this exercise easy or difficult for you - why do you think that is?
- Which prompt can you explore further? Which felt very fleshed out?
- Have you gained any clarity around your purpose?
- If you were to write a short purpose statement right now, what would it be? (e.g. "I help people bring their ideas to life.")