

CREATE YOUR *Purpose*



PROMPTS + REFLECTION

Quinn Tempest

WHY, HELLO THERE!

A purpose-driven entrepreneur reflects on their unique experiences in life, and channels them into a business that uniquely expresses their passions and purpose. They are clear on who they want to serve and align everything in their business in order to make a meaningful difference in people's lives.

Does that definition sound like the kind of entrepreneur you want to be?

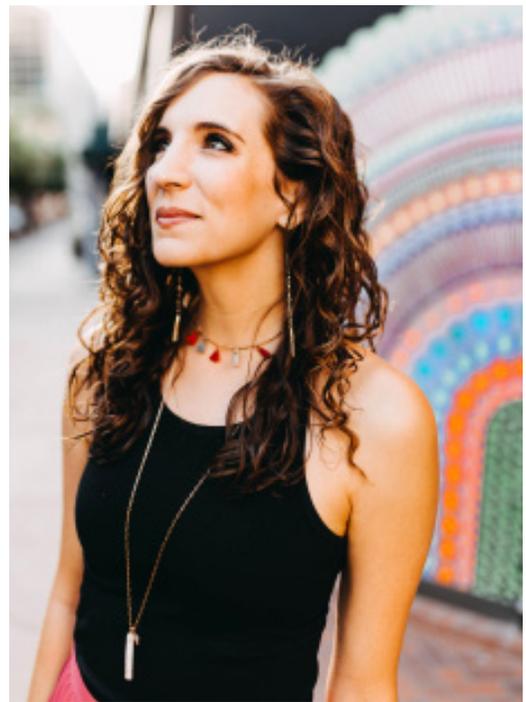
I designed this Purpose Worksheet to help you bring awareness to parts of your life that can help you create your own entrepreneurial purpose. Think of these prompts like the different pieces that make up a layered collage. Each element plays an important role in creating a cohesive image - *your purpose*. First, look at each piece individually, and then, 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. 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 and your business. 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 unfolds.

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▶ [Watch my video lesson on purpose](#)

COMPLETE THE 7 PURPOSE PROMPTS



1. 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



2. 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



3. 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).*



4. 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?



5. 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'?



6. 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?



7. 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. Here are 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?
- Is your life and business currently aligned with your Highest Self?
- 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.")

MORE RESOURCES

Deciding on your purpose is only the first step in bringing it to life.

Aligning it with the core mission of your business is when you can truly make an impact in a way that is meaningful for you. While you're on this journey, I have created and will continue to create many resources for curious humans like you.

Here are a few to get you started:

- [**Create Your Purpose Video Lesson**](#) - If you missed it, the video lesson that goes with this worksheet dives deeper into this topic.
- [**My Entrepreneurial Journey**](#) - How I became an entrepreneur, and the long winding path I took to get here.
- [**Mind Mapping for Entrepreneurs**](#) - A simple exercise that has powerful results, mind mapping can be used to find clarity in all kinds of instances.
- [**My Instagram**](#) - Looking for a daily dose of purpose, strategies, and inspiration? You'll find me hanging out regularly on Instagram.