



# DISCOVERING YOUR LIFE PURPOSE

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*“Clarity about what you find deeply meaningful in  
life is essential for authenticity.”*

~ Kathleen Johnston, Women's Career Specialist

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## ***Authentic Vocation™ Worksheet<sup>1</sup> – Life Purpose***

An important element of discovering your Authentic Vocation is to be clear about your Life Purpose. This does not need to involve extensive or impressive ideas. Discovering your life “purpose” simply involves understanding what gives your life meaning.

Find a quiet place and about an hour of undisturbed time and respond to each of the following questions.

**Clue No. 1: What do you love to do when you have spare time?**

**Clue No. 2: What parts of your present job or life activities do you thoroughly enjoy?**

**Clue No. 3: What do you naturally do well?**

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**Clue No. 4: What have been your 10 greatest successes to date (in your eyes)?**

Success	What Makes it a Success to You

**Clue No. 5: Is there a cause or value which you feel very passionate about? Describe it below.**

**Clue No. 6: What are the 10 most important lessons you have learned in your life?**

Lesson	What Makes it Significant to You/How You Use It



**Clue No. 7: Think back over your life. Are there some issues or perceived problems that have occurred over and over again?**

**Clue No. 8: What do you daydream (or dream) about doing?**

**Clue No. 9: Imagine you are writing your epitaph. What things do you want to be remembered for? What things will your life be incomplete without?**



**Clue No. 10: What would you do if you knew for certain you could not fail?**

Now, review your responses and narrow down them to glean the 10 most important aspects of your life purpose and write any themes that you notice here:

Themes

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To compose your life purpose statement, synthesize your responses to all of these Clues, using the following format:

"My life's purpose is to \_\_\_\_\_  
[Essence]  
through \_\_\_\_\_  
[Expression]

The “**essence**” is the part of your life purpose statement that stays relatively unchanged over you lifetime, and might be something like “to enhance peace in the world” or “to make the world a beautiful place” or “to help women find their own voice.”

The “**expression**” is the way(s) in which the essence is being expressed (or can be expressed) in your life right now. It will change as your life circumstances change. An example might be “working in a company that values authentic communication,” “dedicating myself to conscious parenting,” or “volunteering at the local library once a month.”

Now write your life purpose statement here:

"My life's purpose is to \_\_\_\_\_ through  
\_\_\_\_\_."

*Kathleen Johnston, MA is an experienced and credentialed career coach, stress consultant, and clinical counsellor. Her passion includes working primarily with women who desire success in their careers without the compromise of health and well-being. Comments, questions, and inquiries can be made directly with Kathleen via phone at (780) 752-4015, or email [kj@kathleenjohnston.com](mailto:kj@kathleenjohnston.com).*