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LIFE PURPOSE EXERCISE WORKSHEET

Instructions:

Follow the pattern below to work out your life's purpose. Then allow the knowledge of your purpose to boost your self esteem because you have a unique purpose that only you can fulfil.

1. List 2 personal qualities that make you unique. For example **compassionate** and **selfless**.

2. List a couple of ways you like to express those qualities when interacting with other people. For example **to inspire** and **to teach**.

3. Now imagine the world was a perfect place, what would it look like in your perfect world? For example:

Everyone is confident in themselves and achieving their goals, everyone is expressing love and supporting each other.

4. Now combine everything in steps 1, 2 and 3 to create your purpose statement. For example:

My purpose in life is to use my compassionate and selfless nature to inspire and teach others to be confident in themselves and achieve their goals, while expressing love and support to those around them
