**Your Purpose**

This is just one of the exercises from the book Be More Kid. To gain maximum benefit, it should be carried out in conjunction with reading the book and as part of the other Be More Kid exercises.

Over time it can be easy to lose touch with who we are as individuals, especially if you are busy caring for others or doing lots of things for other people.

The following exercise is designed to assist you to reconnect with what is important to you and so should be done by yourself. Once you have identified your purpose, you need to then make sure that goals that you put in place for the future fulfil your purpose.

**Copy the following steps onto a notepad with space underneath each one for you to write your answers below. It’s important that you take your time with this exercise and it’s good to go back once you have completed each step and make any changes that you need to, so that it feels, sounds and looks right and makes sense to you:**

**1. Write at the top of a page, `What is my true purpose in life?' Write down everything that comes to mind and note anything you feel a positive emotional attachment to.**

**2. Ask yourself ‘What is it that I love doing so much that I would happily do it for free or for pleasure?’ This can be anything; an example could be something as simple as ironing. However strange you may think the things seem just write them all down.**

**3. Now think about your hobbies and elements of your job that you enjoy, also consider the things that you see others do as hobbies and jobs that you would like to do. Write it all down.**

**4. Ask yourself this question, ‘If I won the lottery or money was no object what is it that I would pay someone else to let me do for them?’ With this question you are looking to find the things that really drive you rather than things done out of necessity. For example, someone may say I would cook meals for someone. Write down everything you think of.**

**5. Think about your favourite heroes, role models and others whom you admire; those who you would like to be like. Get inside their skin, what do they do or what qualities do they have that you want? Write down all of the qualities that you admire in these people.**

**6. Now write down the things that others tell you that you are good at and also that you feel good about. Think back to things that people may have said to you as praise. For example, being a good listener or being positive or well organised.**

**7. Now, go through all of the things that you have written in answer to tasks 1) to 6). Look for any themes or recurring words and notice which things excite you most and which hold the greatest feelings of accomplishment. Look for the words or groups of words that stand out and make a new list of these. Now arrange the list in order of how much positive emotional attachment you have for each one from most to least.**

**8. Now, think about the things that you value in your life. Ask yourself this question, ‘What is important to me in my life?’ The responses you are looking for are words such as excitement, justice, fun, honesty, wisdom, etc. rather than listing things or possessions. The list that you come up with will be your values and principles that you live your life by. Once you have completed your list, go through each of them and put them in order of importance by numbering them from one to five, with one being the most important. Check that the top five really are your top five and if not, rearrange them.**

**Once you have completed Step 8, you will have a final list of interests/ loves and passions that give you the greatest feelings of accomplishment that fit with your top five values and principles. You can now use this combined information to write out your purpose.**

**For example: ‘I am a person who believes in peace and harmony. I get people together to bridge differences and gain agreement to move the community forward.’ Or: ‘I love animals. I feel happy when I help them grow and keep them safe.’**

**It can be any permutation and will be high level without any detail.**

**Now try it on. When you read it back to yourself, the words must look, sound and feel totally right and make sense. If not, amend them until they do. Your written purpose must really appeal to you and give you that sense of satisfaction, fulfilment and achievement.**

Congratulations! You now have your purpose. Your goals in life should all satisfy your purpose in some way as this will assist you to lead a fulfilled life.