

21 Questions to Discover Your Purpose

A worksheet to help you thread together the themes of your life and uncover the purpose that's been there all along

Do you know someone who sensed his or her purpose early on—and then pursued it with certainty?

Our culture tends to hold these people up as examples. From the pro athlete who was swinging a golf club before he could put together sentences to the news broadcaster who was “reporting” on neighborhood events at the age of six.

While these stories are captivating, I'd assert that they're captivating because they're so far from what most of us experience.

The vast majority of us didn't know our purpose at a young age, and many of us don't know it now.

Most of us get to *wrestle* with the idea of purpose.

There's Beauty in the Struggle

And that's okay. There's beauty in the struggle, in the not knowing.

Through the struggle, we get to know ourselves better, and we grow in empathy for the people around us who are wading through the same thing.

I can't promise that by thoughtfully exploring these 21 questions, you'll suddenly discover your life's *one great calling*. But I do believe that you'll put together more pieces of the puzzle—allowing you to see yourself from a new, higher perspective.

Why Purpose Matters

And when you finally do pin down your purpose, you'll be able to see why you let go of so many of the things you've tried in the past: They didn't align with your purpose.

Because when you know your purpose—your **why**—nothing can stop you from fulfilling it.

I can't wait to hear about the good you'll do in the world once you find it!

xo,

Erica Layne



1 Excluding the major events of your life, what are three of your best memories? The ones that make you feel as good when you remember them as you did when you experienced them.

2 From the question above, do you notice any common themes? Were you outside or inside, alone or with people, at home or far away, etc.

3 What were you passionate about as a child and teen? What are you passionate about now? And have any passions stayed with you from childhood to adulthood? Circle those.

child/teen

adult

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4 In what environments do you feel the most at ease, the most comfortable in your own skin?

5 If you had a free month and none of your normal responsibilities, how would you spend it?

6 When was the last time you experienced a sense of timelessness and flow? What were you doing?

7 What makes you angry? What injustices would you like to see corrected?

8 What scares you? Do you feel a quiet pull toward any of the things you listed? Is there something that terrifies you but has always secretly captivated you?

9 Write down each of the main stages of your life. What gave you the most fulfillment in each stage?

10 Write down each of the major jobs you've held. What gave you the most fulfillment within each one?

11 When in your life have you felt a strong sense of purpose? How did you recognize your purpose in that season?

12 Who are some people you feel jealous of right now—and why? What do they have that a part of you wants?

13 Name three things you do very well.

14 What strengths and attributes have loved ones observed in you?

15 What do you want to learn about? If you could sign up for a class right now, what would it be? (It could be college level, an online course, a workshop put on by a local business, etc.)

16 What would you be doing if money weren't an object?

17 What's something you see in the world that breaks your heart or makes you want to scream? What could you do, create, or contribute to improve it?

18 What pain have you experienced in your life that you'd like to spare others from?

19 “I feel proud of myself because _____.”

20 What would you regret if you died without having a chance to do, say, or resolve something?

21 At the end of your life, what ultimate message would you like to pass on to your children or closest friends and family?
