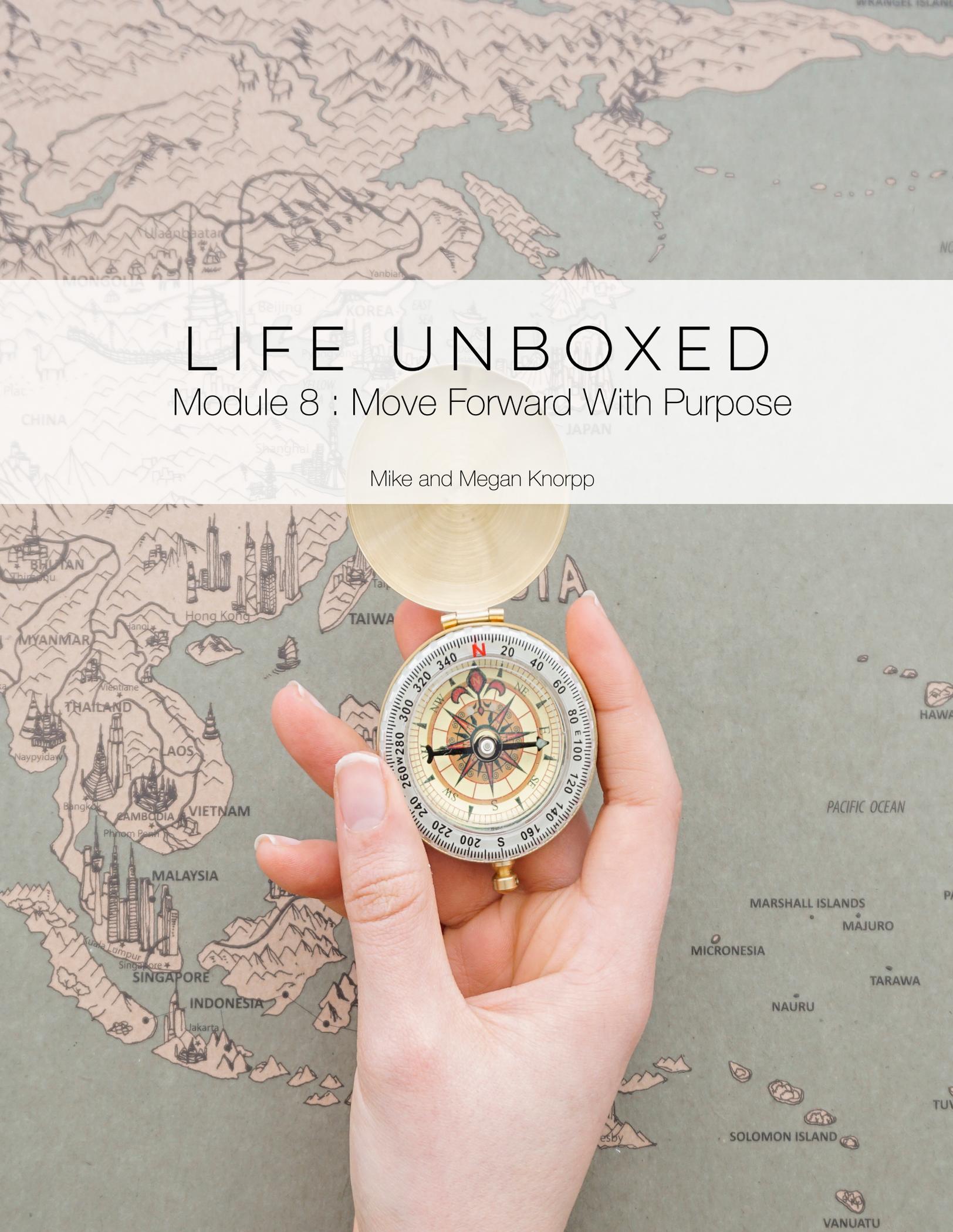


LIFE UNBOXED

Module 8 : Move Forward With Purpose

Mike and Megan Knorpp



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Module 8 : Move Forward with Purpose

“You were born with an inner guidance system that tells you when you are on or off purpose by the amount of joy you are experiencing. The things that bring you the greatest joy are in alignment with your purpose.” -Jack Canfield

The Life Purpose Exercise

Arnold Patent, author of “You Can Have It All” created this exercise that will help you quickly and effectively create a purpose statement to give you direction and confidence in your path.

1. List two of your unique personal qualities, such as *enthusiam* and *creativity*.

2. List one or two ways you enjoy expressing those qualities when interacting with others, such as *to support* and *to inspire*.

3. Assume the world is perfect right now. What does this world look like? How is everyone interacting with everyone else? What does it feel like? Write your answer as a statement, in the present tense, describing the ultimate condition of the perfect world as you see it and feel it. **REMEMBER:** *a perfect world is a fun place to be*

Ex: Everyone is freely expressing their own unique talents. Everyone is working in harmony. Everyone is expressing love.

4. Combine the three prior subdivisions of this paragraph into a single statement.

Ex: My purpose is to use my creativity and enthusiasm to support and inspire others to freely express their talents in a harmonious and loving way.

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Additional Notes
