

# Purpose Factors Exercise

## A System to Help You Understand the Direction of Your Life Mission

**Answer the questions listed below for each of the eight factors that impact your life purpose. Then analyze your answers for common themes and synergies.**

A personal mission statement is impacted by and takes into consideration the following areas:

### Personal Strengths:

- What is your personality like?
- What are your core behavioral strengths?

### Core Values:

- What kind of person do you want to become?
- What character traits do you want to possess?
- What values do you want to be known for?
- What you want to become and what you want to accomplish should be based on the core values you have identified?

*Make sure your values are the foundation of your personal mission statement.*

### Special Gifts:

- What are the special gifts or natural talents that you think you have?
- What do you do that others think is an exceptional strength or talent of yours that just seems to come easy or naturally to you but others think is seems to be amazing?

*When you understand the special giftings you have then you get an insight into the unique ways that you can contribute to others.*

## Life Experiences:

-What are some of the experiences that have shaped your life?

-How might all of these life experiences be used to prepare you or focus you in a powerful purpose for your life?

*Life experiences prepare you and focus you on a unique purpose for your life.*

## Passions:

-What do you care deeply about?

-What makes your heart sing and what makes it weep?

-What lights you up and what energizes you?

-What makes you get off your chair so you can't sit still anymore?

-What is wrong with the world that drives you crazy?

-What would I love to do on a daily basis that gives me energy?

-What would I be doing if money was not a factor?

-What would I like my life to look like?

*Your passions help you know where to live out your calling and provide motivation or energy to excel at it. Passion moves us to action where we bring what we have to offer...our strengths, gifts, experiences, skills etc.*

## Dreams:

-What do you want to accomplish in your life?

-What dreams do you want to fulfill?

*Your dreams of what you would love to accomplish inform you of the outcomes that God may want to see fulfilled in your life purpose.*

## Current Culture and Needs:

-What is the current culture surrounding you?

-What are the needs surrounding you?

*Current culture and needs is the context in which you are placed that provides clues to the powerful world changing purposes that you could fulfill at this point in time in history and in this place.*

## Skills:

-What are you really good at?

-What do you do that regularly produces good outcomes?

*Your skills give you ideas for how you can be most effective in getting something done that is of importance to your purpose.*

**Review all your answers to the questions above and write down common themes and synergies that might give you clues as to the direction for your personal mission.**