

YOUR LIFE ON PURPOSE

Reflection Guide

Start Here

Every meaningful journey begins with a pause.

Before moving forward, take a moment to look back. Reflection allows us to catch lessons we may otherwise miss in the midst of a harried or hurried life.

When I take time to reflect, I'm reminded that there is a purpose, either intentional or unintentional, in everything I have chosen to do. Reflection allows me to consider two vital questions — is what's guiding my actions something I will be glad of? And are my actions resulting in an experience of life that I desire? Clarity on those questions enables me to be more intentional — more purposeful — about what I choose to do in the future.

What to Look For

In [*This Is the Thing: About Life, Joy, and Owning Your Purpose*](#), I describe three elements that help you uncover your purpose. As you work through this guide, pay attention to where these themes have appeared in your life over the past year.

1. **Passion** — The things you seem to have an endless source of energy to do.
2. **Strengths** — The things that come naturally to you, that others count on you for.
3. **Legacy** — The impact you desire to have on the people in your life.

Where these three intersect, you'll find clues to your purpose — the outcome and experience you desire to have in your life.

Questions to Ask Yourself

- *When in the past year did I feel most alive or fulfilled?*
- *What kinds of work or experiences give me energy instead of draining it?*
- *What do people naturally come to me for?*
- *Who or what has been changed for the better because I showed up?*

Before You Move Forward

Don't rush this part. Sit with the questions. Write down what comes to mind. Your answers don't have to be perfect — they just have to be honest.

Lastly, and maybe most importantly, look back over the previous 12 months and consider:

- *How often did the things I chose to do over the past year allow me to pursue my passions, leverage my strengths and invest in people who are important to me?*

This is where **Your Life on Purpose** begins: with the courage to stop, look inward and listen for the quiet thread of meaning that runs through your life.

When in the past year did I feel most alive or fulfilled? _____

What kinds of work or experiences give me energy instead of draining it? _____

What do people naturally come to me for? _____

Who or what has been changed for the better because I showed up? _____

How often did the things I chose to do over the past year allow me to pursue my passions, leverage my strengths and invest in people who are important to me?

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