

EXERCISE: WHAT IS YOUR LIFE'S PURPOSE?¹

Take some time to reflect on the questions below. Answering these questions can help you clarify the high-level meaning and direction that you would like your life to take. You may also find it useful to discuss your responses with a close family member or friend.

1. What are my talents?
2. What am I passionate about?
3. What do I obsess about, daydream about?
4. What do I wish I had more time to put energy into?
5. What needs doing in the world that I'd like to put my talents to work on?
6. What are the main areas in which I'd like to invest my talents?
7. What environments or settings feel most natural to me?
8. In what work and life situations am I most comfortable?

Adapted from Richard Leider, *Repacking Your Bags: Lighten Your Load for the Rest of Your Life* (San Francisco: Berrett-Koehler Publishers, 1995).