

Uncover Your Vision and Purpose

Course Workbook

You're meant to do specific things and impact people's lives in a certain way. If you don't feel like you know what that is or need some more clarity around what you are really meant to be doing with your life then this short course will give you the process to discover what you're truly about.

By discovering your personal values, spiritual gifts, and how your past has given you experiences that serve your purpose you can identify clearer themes in your life that will give you the direction you need.

The following pages provide the space to write down some aspects about you that you may not have truly taken the time to explore.

This course takes you through a 4-step process to discover:

1. What are important values to you;
2. What are your God-given gifts;
3. How your past has a part in your purpose;
4. How to bring together your purpose!

What Are Important Values to You?

To discover what is important in your life, ask yourself the questions and go through the list of core values. Mark the ones that you find important. Write down other values that come to mind. Then circle the top 3-5 that are most true of you.

What brings me joy when I see it?

What makes me REALLY happy when I'm doing it or when I see other people doing it?

What irritates me, what's a 'pet peeve' or what downright makes me angry?

Authenticity	Curiosity	Hope	Pleasure
Achievement	Dependability	Humour	Recognition
Adventure	Determination	Influence	Reputation
Authority	Discipline	Joy	Respect
Autonomy	Diversity	Justice	Responsibility
Balance	Fairness	Kindness	Security
Beauty	Faith	Knowledge	Self-Control
Boldness	Family	Leadership	Service
Compassion	Friendships	Learning	Stability
Challenge	Fun	Love	Structure
Commitment	Growth	Loyalty	Success
Community	Happiness	Meaningful Work	Status
Competency	Harmony	Openness	Transparency
Contribution	Honesty	Optimism	Trustworthiness
Creativity	Honour	Peace	Wisdom

What Are Your God-Given Gifts?

To find out what is special about you — what your natural talents and gifts are — ask yourself the questions below. Thinking about your answers, go through the list of suggested talents and gifts to identify a few that may be true of you. Write down other gifts and talents that come to mind. Then narrow your list down to 3-5 in order of what you feel is your strongest skill to your weakest.

What do I do that seems to have the most impact on other people?

What's something people tell me I'm good at?

What do I do that I enjoy and makes time seem to fly by?

What do I secretly believe I can do, but just never tried yet?

Administration

Organizing, planning, accomplishing goals, and scheduling.

Adapting

Responding agreeably to the demands of the moment, even if they affect your plans.

Communication

Ability to describe, speak in public or write ideas in a way that others understand easily.

Compassion

Being sympathetic and showing concern for those who are hurting or in need.

Creativity / Construction

Able to easily create, build, maintain or repair things.

Developing or Strengthening Others

Helping others reach their full potential by coaching, challenging and guiding them.

Encouragement

Offering comfort, consolation, hope and reassurance to those who are discouraged or weak.

Forward Thinking / Visualization

Being innovative and guiding others to see changes they need to make today so it affects their future in a positive way.

Giving / Generosity

Being generous with your resources, giving sacrificially, and cheerfully giving of your time, talents, and money without thought of being repaid.

Hospitality

Making others feel comfortable and like they're at home.

Leadership

Setting and communicating goals to others and helping them accomplish their calling in life.

Learning

Drawn to the process of learning and gaining enjoyment from it.

Music / Entertainment

Affecting others through playing an instrument, singing, dancing, or other types of performing arts and entertainment.

Providing Relief

Supporting people who are in crisis and cannot provide for themselves.

Restoration

Developing long-term relationships to support people in need.

Teaching

Explaining concepts and ideas effectively so others can understand and learn.

Wisdom

Sorting through opinions, facts and thought in order to determine what solution would be best for themselves and others.

How Does Your Past Have a Part in Your Purpose?

Now is the time to look at those events, or 'seasons' in your life that you have experienced to fulfill your purpose in the future. The past often holds the key to unlocking your future. So, start thinking about your past and what has made an impact on you: the ordinary things, the special things, the heart-wrenching things, the good things and the bad things.

Remembering some unpleasant things from the past may not be easy, but this process should help give you a bit more peace with some of those not-so-great things when you see how they have been part of your experience to fulfill your purpose.

Use the following steps to organize your past experiences in a way that will make it easier to identify the meaning they have to your calling in life. This has been adapted from Focused Living Process from [Leader Breakthru](#).

You'll need 4 different coloured sticky notes, or even just small pieces of paper.

STEP ONE

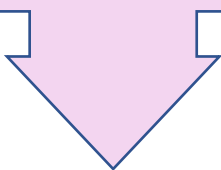
Identify the people, events, and circumstances that have most affected your life. Write them down on yellow sticky notes, using a separate note for each one.

STEP TWO

Put things in order. Using vertical rows and starting on the left-hand side, arrange your sticky notes in chronological order in front of you. Place your earliest sticky note in the top left corner, your second earliest sticky note below the first and so on.

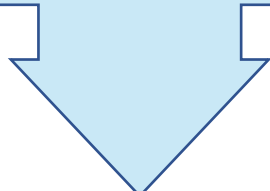
STEP THREE

Identify the yellow sticky notes that were painful or difficult when you experienced them. Rewrite each of those items on a pink sticky note and discard the yellow ones that you've rewritten.



STEP FOUR

Look at the notes assembled in front of you and organize them into rows of related events/chapters of your life. (e.g. *Childhood, Family, Influences, Learning, Disappointments, etc*; what do the memories have in common, what type of impact did they have on you) Write a chapter title for each row on a blue sticky note. Place these chapter titles along the top above their corresponding section.



STEP FIVE

Clarify the major lessons. Review your chapter titles and your yellow and pink sticky notes under each chapter to see what major lessons emerge. Write these lessons on the green sticky notes and place them along the bottom. Try to identify at least one lesson for each chapter. If you're struggling to identify major lessons, then ask yourself the questions listed on the next page.

What did I learn from this chapter or turning point in my life?

What abilities or insights did I develop because of these experiences?

How does what I learnt about myself or the world around me impact my life?

What character traits have I come to value most in others as a result of these experiences?

What unique experiences or revelations have I gained?

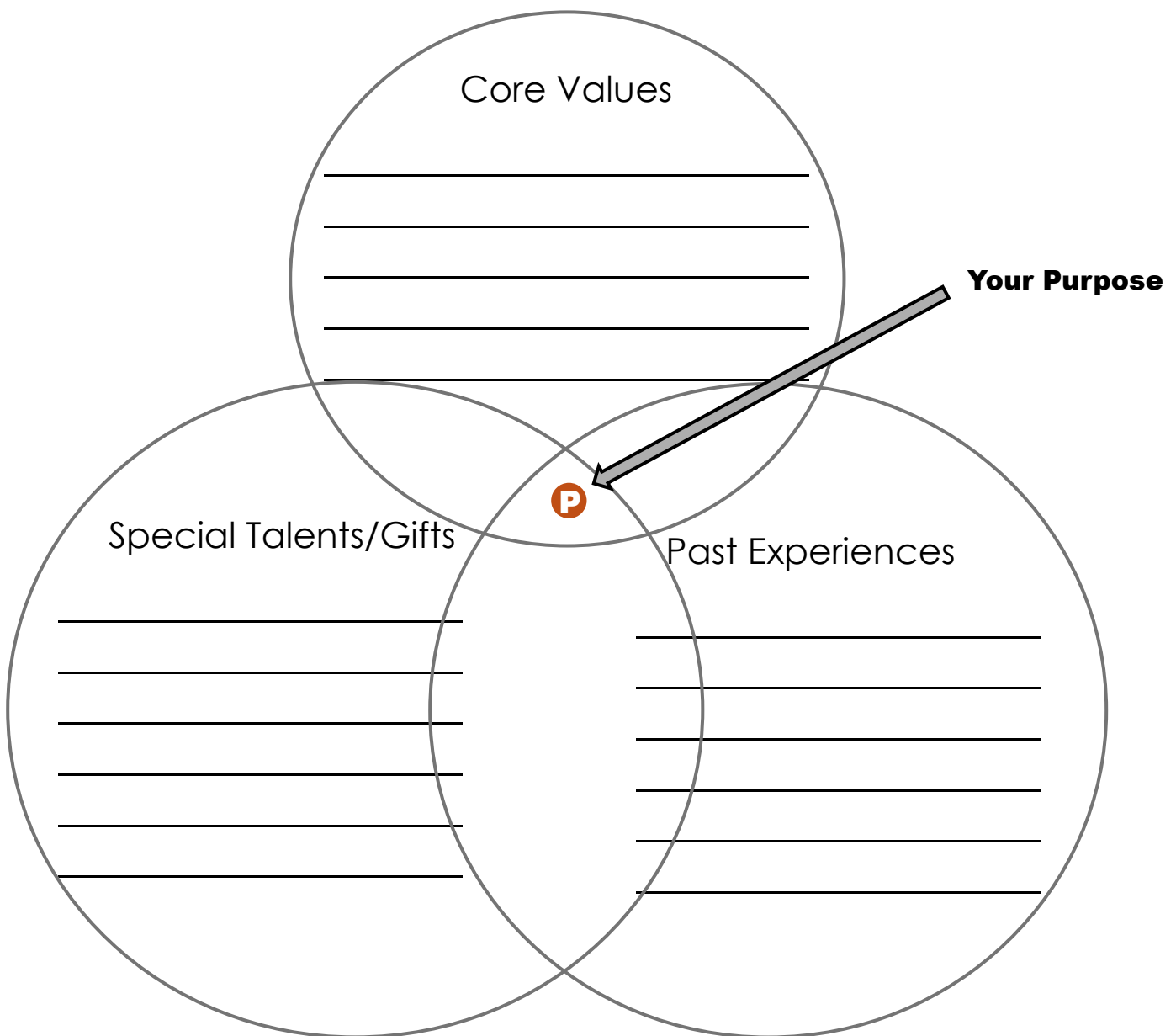
How have I treated myself or others differently because of these events?

What did I learn about my strength, values, natural gifts, or personal direction by living through this chapter?

Bringing Together Your Purpose

The Three Circles

Your purpose is found where your core values, spiritual gifts, and past experiences overlap. Fill in the circles below with the information you've discovered about yourself through the previous steps.



Your Purpose Statement

You may not be ready to write your purpose statement quite yet. If that's the case then you can write out words, phrases, or statements in the space below to get you close to your true purpose statement. Here's a starter sentence to get your brain thinking in the right direction:

I think my purpose has something to do with.....

When you're ready, write out a sentence that describes what you believe your purpose is.

Still stuck?

Read through these questions and brainstorm some answers.

With no concern for money, what would you want to do for the rest of your life?

Besides loving and caring for those close to you, what is it that you believe you could do to benefit others?

You should have at least a few words written down, but don't get discouraged if you haven't identified a clear purpose for your life. It's actually best to do a bit of thinking on your purpose and then sit with it for a few days, coming back to these sheets once a day to put more thought into what you're really about.

Believe that this exercise will help bring out what you already know at a deep spirit level.

And be relaxed and confident in the process.