

The Purpose Checkup

CHECKLIST

Aim: To enable participants to reflect and mark the status and progress of one's sense of purpose, as well as explore the specific areas which they can work on.

Time: 5 Minutes

Instructions:

Read each statement carefully and take some time to decide on your true response. Write the number from the following range of answers that best fit your response:

1. Definitely disagree

3. Somewhat agree

2. Somewhat disagree

4. Definitely agree

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Having (Outer Life)

*The dimension of your external experience and activity
(how effectively you relate to the “having” choices in your life)*

- ___ I wake up energized about the day ahead.
- ___ I feel good about my life and grateful for what I have.
- ___ I have taken risks to do things I care about.
- ___ I have found ways to offer my gifts and talents to the world.
- ___ I’m excited and hopeful about the future.
- ___ I don’t have many regrets about things I haven’t done.
- ___ I go to sleep at night feeling that my day was well lived.

___ *Total Having Score*

Doing (Inner Life)

*The dimension of your internal experience and inner activity
(how effectively you relate to the “doing” choices in your life)*

- ___ Doing things for others is important to me and I make time for it.
- ___ When I have key decisions to make, I focus on what deeply matters to me and let that be my guide.
- ___ I enjoy being alone.
- ___ I know what I’m good at and I use my gifts to make a difference in people’s lives.
- ___ I have the courage to face my adversities.
- ___ I’m growing and giving.
- ___ I maintain a balance of saving and savoring the world.

___ *Total Doing Score*

Being (Spiritual Life)

*The dimension of your invisible experience and spiritual activity
(how effectively you relate to the “being” choices in your life)*

- ___ I sense the presence of a Higher Power.
- ___ I maintain a consistent spiritual practice.
- ___ I feel a sense of the sacred when I'm in the natural world.
- ___ I offer compassion to others readily.
- ___ I offer forgiveness to others easily.
- ___ I feel a deep sense of gratitude for my life.
- ___ I know what I'd like to be remembered for.
- ___ Total Being Score

___ *Total Being Score*

Scoring:

Your total Purpose Checkup score (out of 84) gives a measure of the power of purpose you are experiencing in your life at present.

- 64 – 84 You are living purposefully! - You are clear about what truly matters to you.
- 43 – 63 Yes, doing good! Keep on growing and giving in your life.
- 22 – 42 You require more clarity to unlock your purpose. The next step: would be to clarify your gifts, passions, and values.
- 0 – 21 Living purposefully is something everyone should strive for, so don't give up because your score is low right now. The power of purpose process works, if you work the process!

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