



Ascension

Ascension EAP

## Living Life with Purpose

Purpose gives life meaning. Research overwhelmingly shows that people who have a strong sense of purpose are happier, healthier, and have a better quality of life than those who don't. Living with purpose helps you stay focused on what's most important, guides decision-making, and is your most powerful strategy in achieving your goals. Sometimes, though, discovering and living out your life's purpose is easier said than done. The questions below are designed to help you focus and reflect on what is truly important to you.

Grab a notebook or journal, find a quiet space, and take your time. Discovering your purpose isn't something that has to be done in an hour, or even an afternoon. Take the time you need to intentionally reflect on yourself and your life. When you are ready, consider your mission in life and articulate your purpose. Are you ready to begin?

1. How do you describe yourself to someone you just met?
2. What are you great at? What do you love to do?
3. What would you do if you could not fail?
4. What would you do if money was no object?
5. What do you consider your biggest accomplishments? What accomplishments would you still like to achieve?
6. Write your own eulogy as if you had died yesterday. What would people say about you? What would you say about yourself? What legacy would you leave?
7. Write your own eulogy as if you had lived your best possible life. What would people say about your best self? Your ideals? Your accomplishments? What legacy would you leave?
8. If today was the very last day of your life, how would you spend your time?
9. Who inspires you? Who are your role models? What do you like about them? How are you similar to them? How are you different?
10. What brings you joy?
11. In your closest relationships, what qualities, resources, talents or skills do you offer? (In other words, what makes you a good child, partner, parent, sibling, friend or co-worker?)
12. What struggles, habits, hurts or character traits still trip you up sometimes?
13. What struggles have you faced in life? How did they hurt you? How did they make you stronger?



14. If you could have a “do over” for any part of your life, what would you do over and why?
15. What faith or spiritual beliefs do you hold? How do these impact your life? How would you like them to impact your life?
16. What do you believe about good and evil?
17. What comforts you?
18. What would you change about the world? (What issues make you angry? What do you strongly believe in?)
19. If you had a public platform, what message would you like to convey to the world?
20. What can you do to make a difference?

Now that you’ve spent a lot of time thinking through some pretty tough questions, it’s time to pull it all together by crafting your purpose. Here are some ideas to get you started:

- What will you do/how will you live/what values will you pursue?
- Who do you want to reach/impact?
- What is the problem you are trying to solve, or impact you would like to have?
- Keep it simple. Whittle it down to 1 or 2 sentences.

The purpose of my life (or the reason I’m alive) is:

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## Ascension WI EAP

Services are free and confidential.

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