



Authentic Vocation Worksheet No. 1

The Authentic Vocation Process is designed to provide a focus in your work, from concept to implementation. Please work through it thoughtfully, take your time, and allow your unique gifts and your true self to emerge.

We begin by exploring the first element of your Authentic Vocation, Life Purpose. Find a quiet place and about an hour of undisturbed time, and respond to each of the following questions.

Clue No. 1: What do you love to do when you have spare time?

Clue No. 2: What parts of your present job or life activities do you thoroughly enjoy?

Clue No. 3: What do you naturally do well?



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Clue No. 4: What have been your 10 greatest successes to date (in your eyes)?

Success	What Makes it a Success to You

Clue No. 5: Is there a cause or value or quality which you feel passionate about?

Clue No. 6: What are the 10 most important lessons you have learned in your life?



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Clue No. 9: Imagine you are writing your epitaph. What things do you want to be remembered for? What things will your life be incomplete without?

Clue No. 10: What would you do if you knew you could not fail?

Now, narrow down your responses to glean the 10 most important aspects of your life purpose and write any themes you notice here:

Themes



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To compose your life purpose statement, synthesizing your responses to the Clues, use the following format:

"My life's purpose is to _____ [ESSENCE] _____ through [EXPRESSION] _____."

The "essence" is the part of your life purpose statement that stays relatively unchanged over your lifetime, and might be something like "to enhance peace in the world" or "to make the world a beautiful place" or "to help women find their own voice." The "expression" is the way(s) in which the essence is being expressed (or can be expressed) in your life right now; it will change as your life circumstances change. An example might be "working in a company that values authentic communication, dedicating myself to conscious parenting, and volunteering at the local library once a month."

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Write your life purpose statement here:

"My life's purpose is to _____ through _____"