

The ConquerWorry.org™ Life Purpose Exercise

This exercise is a series of questions designed to be a thought template for **exploring your purpose in life**. It is not a one stop solution to defining you or your purpose, but a tool for facilitating a thought exercise that could provide clarity into your purpose in life. There are over 176,000 books on finding your life's purpose on Amazon alone. I strongly suggest reading a few books on the subject to help compliment this exercise. For most people this is an exercise that they put off for varying reasons. **Wouldn't it be a shame to reach the end of your life having not found that purpose?**

These are questions that take you down a path. Answering the questions honestly could help you better understand what your purpose truly is at this stage of your life. Please take your time answering these questions. We have found that people who take several days with this exercise are able to get the best results. It is best to follow the questions sequentially.

1. What do you value the most in life?

There are almost 3,000 books on this topic in Amazon today. I am not going to add anything new to this exercise as it is very straight forward. With that said, the vast amount of material dedicated to this topic should emphasize the importance of defining what you value. For this question, please create a list. Then the list should be prioritized to the extent it is possible for you to do so.

Here are some ideas as you start the process:



What I value most:

1.

2.

3.

4.

5.

2. What would your funeral be like if it were held after you lived a full life?

This is a powerful and sometimes emotional part of this process. It is a fairly common thought exercise in the personal development circles.

There are two ways to approach this exercise. First, you can answer the questions directly on this worksheet after giving them serious thought. The second and more powerful method is to listen to Episode #2 of **The Conquer Worry Show**. In that episode, we walk our listeners through these questions. The best way to maximize this exercise is to listen to the questions in a room with the lights off and your eyes closed. When the audio portion is over, write down your thoughts and answers to the questions.

Questions: Imagine it is the day of your funeral.....

- What church is hosting your service and funeral?
 - What does the building look like?
 - What do the doors look like as you approach them?
 - Are there flowers inside?
 - What do they smell like?
 - What color are they?
 - Is there a guest book out front?
- Who has shown up early?
 - Old friends re-connecting with each other?
 - Distant relatives making an effort to attend?
- Who from your immediate family is there?
- What friends and co-worker have shown up?
- Your best friend is given an opportunity to speak.
 - What does he or she say?
 - Is it funny?
 - What is the one thing said that everyone can agree on?
 - **What is the one thing said that makes you the most proud?**

3. What were you doing the last time you truly felt fulfilled?

There are probably multiple times to consider and maybe this series of questions will help you:

What is the one time you felt the most fulfilled professionally?

What is the one time you felt the most fulfilled with a loved one?

What is the one time you felt the most fulfilled with a friend?

What is the one time you felt the most fulfilled having fun?

What is the one time you felt the most fulfilled after an athletic endeavor?

What is the one time you felt the most fulfilled after a charitable endeavor?

*After considering all your answers above, what made you feel the **MOST FULFILLED?***

4. The lottery question:

Have you ever had a desire to do something that was totally impractical?

What if you won the lottery and after taxes found yourself with **\$100,000,000**. But, since this is a hypothetical lottery I am going to put a hypothetical twist on your winnings.....you must spend 99.9% of the money **HELPING OTHER PEOPLE**.

What would you do?

5. What are you passionate about?

This is obviously something personal and only you truly know what you are passionate about. We have some ideas below, but you need to build a list. This list does not need to be ranked like your values in exercise one, but clarifying your passions will help you define your purpose in life.

Children	Art	Music	Gardening	Cooking
Movies	Work	Sports Team	Playing sports	Yoga
Reading	Running	Tennis	Technology	People
Entrepreneurship	Relationships	Writing	Money	Learning

My passions are:

- 1.
- 2.
- 3.
- 4.
- 5.

Conclusion

What major life purpose would:

1. Be directly aligned with your values
2. You would be proud to have mentioned at your funeral
3. You are fulfilled when doing it
4. You would do if you won the lottery
5. You are passionate about

