

FINDING YOUR PURPOSE



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This worksheet is to help you explore your purpose, so you can understand the impact you want to have, the values that shape how you achieve it, and the drive that motivates you. If you are struggling with any part, then please go back and re-watch the video.

This is an interactive PDF, which means you can type straight into the boxes.

NAME	
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IMPACT

Answer these questions, then formulate a sentence using the structure below:

Are you impacting people, the environment or economy?	
What is it you want to improve or change?	
What would you want to be remembered for?	
What are you passionate about?	
What would you do for free?	
What has left you feeling good and fulfilled in the past?	

To....	, so that....
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VALUES

Think through your experiences (including your childhood) and come up with 3-5 values that are important to you.

What behaviours in others do you find very upsetting?	
What 3 words would you want your family and friends to use to describe you?	
What 3 words would you want colleagues to use to describe you?	
What good deed would you like to be remembered for?	
What values and behaviours do you admire in others?	

My 3 - 5 values are	
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DRIVE

Where are you on your life cycle? Are you just starting out, have young kids, or are nearing retirement? This affects what is driving you to work, contribute to society and achieve your goals, but your impact and values help guide how you go about it. What governs the actions you will take?

Where are you in your career? (starting, changing, ending etc)	
Do you feel fulfilled and challenged in your career?	

Are you okay with your financial situation?	
Who do you have responsibilities for? (kids, elderly parents, partner)	
Who or what is important in your life, what do you feel passionate about?	

I am driven by:	
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HAPPINESS

Sometimes we forget that we can be happy at work, and that if we can achieve this it stops feeling like, well, *work*. I recognize that's not always possible, but we can explore the possibilities to see what can happen.

What are 3 things that give you joy?	
What do you love to do?	
What gives you energy?	
What are you doing when you feel time slip away because you are having fun?	
What did you want to be when you grew up?	

If I didn't have to earn a living this is what I would do:	
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Please upload this completed worksheet to your personal folder on Google and continue to watch the next video – Understanding your Organisation's Purpose.