

Life Purpose Definition Formula

In coaching individuals to clarify purpose, the goal is to come up with a concise, clear, and powerful definition of life purpose for the individual being coached. Remember that we are defining life purpose as something general enough that it can be applied through any career and, in fact, through any moment in time and through any particular activity. Write down all answers to questions and be sensitive to the emotion in each response. Wherever there is the most emotion indicates where the passion lies. You can assess this by noticing when *you* feel inspired by what your client is sharing.

- An opening statement can be: First we will clarify and come up with a definition of life purpose, then we will look at how you can use it to improve the quality of your life and create direction toward your dream career or the most direct way you can fulfill your purpose through career. We define life purpose as what we love to do that makes the world a better place or contributes to the life of others.
- Question 1: What do *you* love to do that makes the world a better place or contributes to the lives of others? Many answers will be a definition of job or career: "I am a carpenter," or "I love to write."
- Question 2: If the answer is about job and not purpose—What is the most profound experience or quality that you would like others to receive as a result of experiencing your _____ (writing, for example)?
- Question 3: What is the quality or guidance that you did not receive enough of as a child that you wish you had more of, the most important thing?
- Question 4: How does it feel when you give others _____ (what the individual didn't get enough of)? It is rare that an emotional response doesn't come out of this questioning. In fact, usually people light up like the sun. Occasionally you may come across someone who does not connect to this question. In those cases, I usually ask: Are you a person who isn't generally connected with your feelings? The answer will usually be yes. In this case, offer the guidance that they do some work to connect with their feelings, because this is what will clarify and ultimately ignite their passion and therefore their purpose and success. You can also emphasize that if what you didn't get enough of inspires you to create it in the world, then it is your greatest asset.
- Based on the answers from your client, offer suggestions on possible life purpose definitions. Usually the most powerful will be based on what they didn't get enough of. Usually start with an "I" statement, and usually use what they didn't get enough of as the subject. The verb can be empower, inspire, encourage, etc. Examples: I empower others to love themselves. I inspire people to live their highest vision.
- Begin illustrating how applying this purpose in their life on an ongoing basis will increase the quality of life, clarify their life purpose, and create opportunities.
- Question 5: As a follow-up, ask what would be the most exciting and direct way to fulfill your purpose? Where would you like to be a year or two from now?

Five Questions to Purpose Definition Worksheet

Use these questions to help your client clarify a life purpose. The goal is to come up with a concise (preferably 7 words or less), powerful definition that can be affirmed at any moment to maximize passionate living. Write down your client's answers on this sheet.

Question 1: What do you love to do that makes the world a better place?

Question 2: (If the purpose can be applied in any situation, then move on to alternate question 2.) If the answer is an *activity* through which a purpose could be fulfilled, such as "writing," then ask: What is the most profound feeling you would like anyone to receive from experiencing your _____?

Alternate question 2. What is the most profound experience you would like anyone to receive from a conversation or any interaction with you?

Question 3: What is the quality or guidance that you did not receive enough of as a child that you wish you had more of, the most important thing?

Question 4: How does it feel when you give others _____ (what he or she didn't get enough of)?

Life Purpose Definition: Based on the answers from your client, identify some options for a life purpose definition. Remember to keep it succinct, usually 7 words or less. Usually start with an "I" statement, and usually use what they didn't get enough of as the subject. The verb can be empower, inspire, encourage, etc. Examples: I empower others to love themselves. I inspire people to live their highest vision. Be sure and ask your client to say out loud the definition and how it feels. If you don't feel the passion, keep exploring other possibilities.

Question 5: What is the most direct way you can fulfill this purpose through vocation?
