



Write Your Purpose Statement

We've all met people in our lives who inspire us. We remember them. They stood out because they were committed to something bigger. They knew and used their purpose to guide their thinking and actions. We all have a purpose, and our purpose gives us a reason to persevere. It gives us courage and reminds us of our significance. **Your purpose statement is your inner guide that helps you choose how to act and think.** When you live on purpose, you know who you are and you bring your whole self to your life intentionally. **Living on purpose is a choice we make each day.**

Step 1. Reflect on the four questions below to begin to write your purpose statement:

1. What are three words that describe me at my best?

2. What do I want to create or do for myself and others?

3. How do I serve others, or provide value for others? What result do I provide?

4. Who do I want to help, guide, or inspire in this world?

Step 2. Fill in the blanks below to write the first draft of your purpose statement while considering the six guidelines below:

Your Purpose Statement Should:

- Energize you every time you read it, say it, or share it.
- Be a purpose you can work toward daily.
- Include gritty words that are powerful and big.
- Focus on what you *do* want, not on what you *don't* want.
- Impact others beyond yourself.
- Be simple enough to memorize.

- Be specific and avoid words that are universal like “always” and “never.”

The purpose of my life is to _____ (use the best parts of your answer to the first purpose question here), to _____ (use the best parts of your answer to the second question here), and _____ (use the best parts of your answer to the third purpose question here) for _____ (use the best parts of your answer to the fourth purpose question here).

Step 3. Look at the purpose statement you created and ask yourself if, deep down, you know this is why you do what you do. If it is, yippy! You have an incredible first draft of your purpose statement. If it isn't, play with the words or structure until it is. Replace words that don't get you stoked with ones that do.

Write your revised version of your purpose statement below.

Step 4. As a part of your morning routine, say your purpose statement out loud or in your head to stay focused and gritty. Post your purpose statement by your bed, on your Grit Board, or in your classroom so you see it daily.

Our purpose takes our why one step further. Our purpose takes us deeper into the meaning of our lives and why we are here.