



PURPOSE

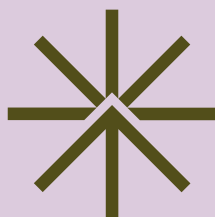
# PURPOSE AND SELF

A SELF-REFLECTIVE ACTIVITY

“CHANGE IS POSSIBLE, BUT IT MUST  
START WITH SELF-ACCEPTANCE.  
CHANGE IS PART OF THE NATURAL  
ORDER. LIFE IS NOT STATIC;

IT IS CONSTANTLY GROWING OR  
DECLINING. ONE DOESN'T HAVE  
TO DO ANYTHING TO GROW.  
GROWTH HAPPENS NATURALLY  
AND SPONTANEOUSLY  
WHEN ENERGY IS AVAILABLE.”

Alexander Lowen





One step on the journey toward discovering your purpose is to become increasingly aware of self. Your ‘self’ is a deep and rich pool of experience, memories, assessments and other types of information that can illuminate what is most important to you in life, and by exploring your ‘self’ you can begin to make sense of what your purpose might be.

It should be noted, however, that your journey does not start and end here. Purpose is placed in a context; in a moment in time, history and geography. It is not solely defined by an internal conversation. In other words, to discover your purpose, it is also important to pay attention to the external world, not the internal world alone. We’ll look into that at a later stage. For now, we’d like you to take a moment to reflect on your ‘self’.

**Part One:**

Please take some time by yourself to consider the following questions. You don’t need to answer these questions in a linear order, plus you don’t need to answer them all. Please start with the ones that feel easier to answer, and go from there. Having said that, please dig as deeply as you can for now.

**How well do you know yourself?**

Type your answer below

**Who are you at your core?**

Type your answer below

**What are your talents and strengths?**

Type your answer below

**When have you noticed yourself experiencing ‘flow states’?**

Type your answer below

**As a child, what did you love doing, or what caught your imagination?**

Type your answer below

**What do you feel most passionate about in life?**

Type your answer below

**What brings you joy?**

Type your answer below

**When, in the past, have you noticed yourself being most impactful?**

Type your answer below

**What activities have brought you deep satisfaction or fulfillment?**

Type your answer below

**What needs to be fulfilled in your life?**

Type your answer below

**What sustains you in times of darkness?**

Type your answer below

**To what extent have you accepted yourself?**

Type your answer below

**What parts of yourself do you welcome and care for?**

Type your answer below

**What would your loved ones say about who you are?**

Type your answer below

**How well are you looking after self?**

Type your answer below

**How aligned is your public and private self?**

Type your answer below

**In what other ways would you describe yourself?**

Type your answer below

**Part Two:**

Having written some responses to the above, please take some time to consider the below:

**What themes or patterns do I notice in my responses?**

Type your answer below

**What does this say about who I am?**

Type your answer below

**What does this seem to be saying about what's most important to me in life?**

Type your answer below

**What does this say about:  
– What I really care about?**

Type your answer below

**– What matters to me most in life?**

Type your answer below

**– The contribution I can make?**

Type your answer below

**– My sense of purpose?**

Type your answer below

 THE  
PURPOSEFUL  
LEADER

Delivered by: **TOWARD>**