

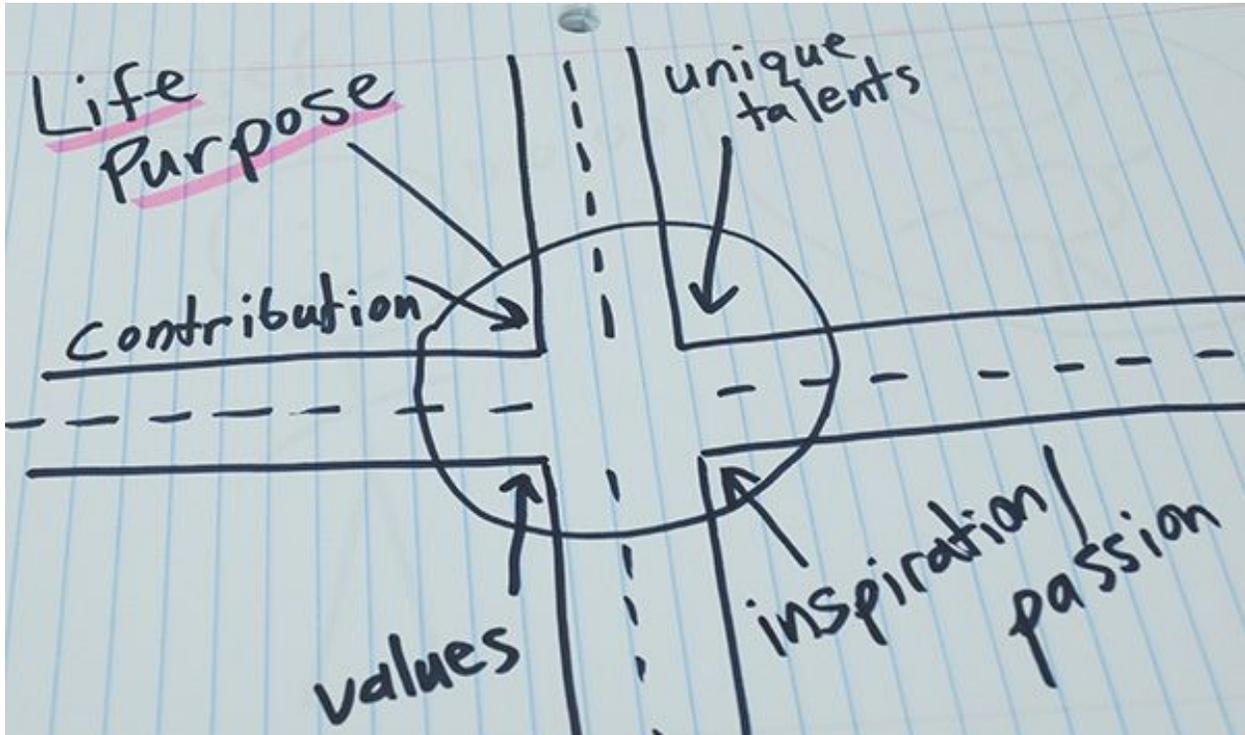
Maness Hypnosis

Life purpose Exercises



Life purpose worksheet

Your life purpose is located at the intersection of your unique talents, your inspiration/passion, your most important values, and a contribution that is meaningful to you. To identify and create a life purpose statement for yourself, follow the directions below.



Step 1: List your 10 most important values (examples: trust, integrity, independence, confidence, etc.)

1 value:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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Step 2: List the people, ideas, and/or causes that inspire you

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Step 3:

Do you notice any themes or patterns in the list you made for step two? If so, write them below:

Step 4:

List 10 unique talents that you possess

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Step 5:

List 10 ways of helping others that are meaningful to you (or think about what an ideal world would look like)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

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8. _____
9. _____
10. _____

Step 6 - Putting it all together

My life purpose

With _____, I use/do _____, to help
 (your most important value(s)) (your most unique talent(s))

others (have/do) _____ so that they
 (a meaningful contribution to others)

 (express what inspires you or the benefits of what you provide)

Example: With confidence and integrity, I use my computer programming skills to help others build profitable websites so that they achieve financial independence.

Living according to your life purpose means making the daily choices that align with your higher purpose

Ways you can live out your higher purpose on a daily basis

1. _____
2. _____
3. _____
4. _____
5. _____

Having trouble?

No worries! Sometimes this kind of work can be challenging. Here are some alternative ways to discover your life purpose:

Discovering values -

Think about an ideal world. If you lived in this idea world, what would be it like? What would life be like? What would the people be like? How would people treat each other? What would their attitudes be towards their work, and towards each other? Describe this ideal world below:

What were the most important qualities about an ideal world that you identified above? Which ones inspire you most? These are the qualities that make up the “values” and “inspiration” portion of your life purpose. Write the 3 most important values/inspirational elements below.

Important values from *Discovering Values* Exercise

Most inspiring aspects of your *Discovering Values* description

Discovering your unique talents

What types of things do you learn easily? What comes naturally to you?

Do you often receive compliments from friends about certain abilities you have? If so, what?

Have you received any rewards/recognitions? If so, for what?

What types of things do you most enjoy doing?

Discovering your unique talents - getting another perspective

Sometimes it can be challenging to discover the skills and characteristics that make you unique. For this exercise, ask a friend what, in their opinion, make you unique. Ask them to be honest. Good. Now, ask 4 more of your friends to do the same thing.

What makes me unique - according to friend #1

What makes me unique - according to friend #2

What makes me unique - according to friend #3

What makes me unique - according to friend #4

What makes me unique - according to friend #5

Did you notice any patterns or themes among what your friends told you? What were they?

Paying attention to feelings

Your feelings are a most reliable indicator of your life purpose. When you act according to your life purpose, you feel great! Think about the times when you experienced the most joy and satisfaction in life. What were you doing, and how were you doing it?

The times I experienced the most joy:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Now, look for themes in the list above. When you were experiencing the most joy, look for the times that you were using your unique talents to help others in a meaningful way. This is your life purpose!

Life purpose meditation: (can be recorded or read to you by a friend)

Close your eyes. Take 3 deep breaths and exhale slowly. With practice, your exhalations become twice as long as your exhalation. Allow every muscle and fiber in your body relax and let your mind to grow clear. Now, think about yourself standing in front of a big door. In a moment, you will knock on the door and be greeted by a gentle and wise doorkeeper. The doorkeeper may take a human, animal, or any other form. Let whatever happens be OK. Go ahead and knock on the door now....

When you have exchanged names, ask this wise doorkeeper to show you something that gives you a valuable insight on your purpose in life....

I'm not sure how the doorkeeper will reveal these insights to you. He or she may explain it to you, they might show you something, or you might receive ideas which provide insights. Let whatever comes be OK. Ask for clarification from the doorkeeper if you need it.

Take all the time you need. You can return to this place anytime. Each time you do, your life purpose becomes clearer...

Just take all the time you need, then open your eyes when you are ready.....

Hypnosis is one of the most powerful tools for discovering your life purpose. Read the rest of this page to find out more!

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