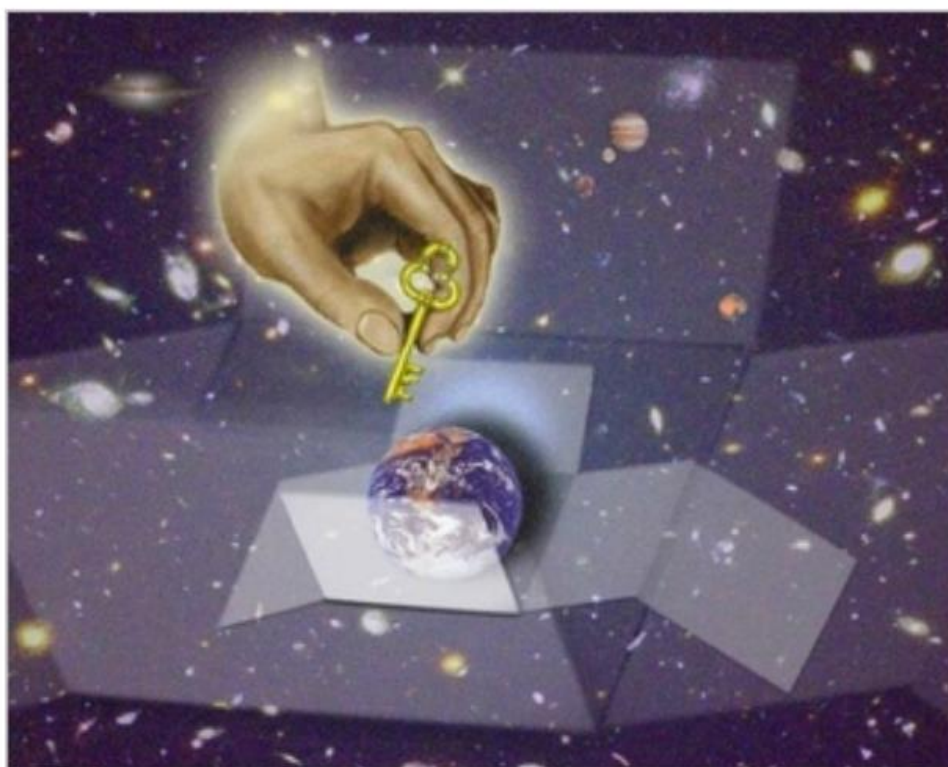


Find Your Life Purpose



By Reverend Barbara Marie Babish, Ph.D.

Life Purpose- Workbook 2019

This booklet is to be used to compliment the video. Watch the video as you use this workbook to keep track of your answers.

Part One – Exploring your gifts- write the main categories here and be more specific if possible.

Part Two- Expanding your gifts

Part 2 – A: Groups

Part 2 – B: Other information

Part 3 – Expressing Your Gifts

Part 4-

Step One A: Choose three action words:

Step One B: Choose one of the three to have your first action word:

Step Two A: Choose three action words:

Step Two B: Choose one of the three to have your second action word:

Step Three A: Choose three action words:

Step Three B: Choose one of the three to have your third action word:

Step Four A: Choose three action words:

Step Four B: Choose one of the three to have your fourth action word:

Step Four C: Copy the 4 words from steps One B, Two B, Three B and Four B

Step Five A: Choose three core values:

Step Five B: Choose ONE of the core values that really speaks to you.

(Or you may choose one of your own.)

Step Five C: Choose three core values:

Step Five D: Choose ONE of the core values that really speaks to you.

Step Five E- Choose one core value from Five B and Five D...

BRINGING IT TOGETHER

Step Six: Bring your action words together from Four C with your core value from Five E.... Make a short temporary mission statement. Use 3 action words out of the four from Step Four C, that flow and make sense to you.

Example: My mission is to (Word one), (Word two) and (Word three), (core value word). Go over it and rearrange the words until it feels right. You may need to go back and choose the 4th action word from Step Four C and delete one of the other ones to keep three action words.

Step Seven A:

Fill in the way we are going to do the above by adding the word "by" in your sentence... Choose the words from Part 1 Exploring your gifts. Also, you may add other short words to make your statement flow.

Step Seven B:

You may now wish to add this: To whom will you do this for? Who is it that you are drawn to help? Choose this from Part 2-A Expanding Your Gifts.

Write out what you have so far:

My life mission is to (action word), (action word), and (action word), (core value), (by doing what) to/for (who). You may rearrange the words as needed so that it feels right for you.

Use your answers from Part Two B and Part 3 to fill in more information about your life mission statement if you feel you would like to do that.

Write and rewrite your life mission statement until it feels right for you.

