



Purpose Statement Workbook

This workbook is designed to help you craft a one sentence purpose statement for your life and work. First you'll describe three Peak Experiences. Be sure to describe the experiences in detail. Then, you'll review the information from those experiences and use it to craft a one-sentence purpose statement. Don't get hung up on getting your purpose statement perfect in the first draft. You can always revise it.

Peak Experience #1:

Describe a time when you were completely fulfilled AND of service to others.

- What were you doing?
- How did it feel?
- Who benefited from the experience?

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Purpose Statement Generator

Review your Peak Experiences and use the following formula to craft a one sentence purpose statement:

I am the **[INSERT METAPHOR]** that **[DESCRIBE DESIRED IMPACT]**.

Note: Feel free to add a descriptive adjective before your metaphor and feel free to make your desired impact as specific or general, as is comfortable. Revisit this page to revise and edit your purpose statement as often as you desire.

Here are some examples...

I am the composed conductor that organizes people, projects and events for a cause.

I am the generous sweetheart that serves as a knowledge source to help friends and coworkers solve problems.

I am the powerful communicator that inspires self-assurance in others.

Version 1

I am the

that

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Version 2

I am the

that

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Version 3

I am the

that

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Feel free to share this workbook with friends or anyone else who might benefit. Let them know that they can have access to more resources like this, by subscribing to email updates at: www.bootstrapmylife.com