

# Personal Purpose and Mission Worksheets

## *Living Your Purpose and Mission - A Three Step Plan*

“What am I here for? What is my passion? What is my purpose?” There have been hundreds of books on this subject and it is an important and debatable one. Suppose I told you that your purpose on this planet was to serve other people. What does that mean to you? How does that make you feel? Does it bring up more questions in your mind? Does it make you nervous? Does it make you feel important?

I believe that everyone’s purpose on this planet is the same. I believe that it is our purpose to do the things that make us happy. Many people will argue this because it seems selfish and in a way it is selfish. However, when you really think about it, how can you really go out and serve others when you are not happy? Have you ever been to a restaurant where the waiter or waitress was not doing the things that make them happy? You can tell immediately and it affects your experience for the whole meal. The same goes for your personal life with your spouse, kids or significant other, co-workers, etc. Did you ever feel completely stressed out (because you weren’t making choices that reflected your values) and yell at your kids? Did that make you happy? Probably not.

On the other hand, mission is what we set out to do when we are happy. My vision of “mission” is what most people call “purpose”. Once we’re happy, we can fulfill our mission, which is to serve others. How we do that is the basis for our different personalities, our interests and our beliefs.

So let’s break it down:

### **Step 1 – Decide to Live on Purpose**

My purpose in life is to be happy. To be happy, I must live congruently with my values and goals and make good choices that honor my personal values.

When I am happy, I can fulfill my mission.

### **Step 2 – Decide to Live Your Mission**

My mission in life is to serve others. To serve others, I must discover and gain knowledge in the areas that interest me. By doing things in which I have interest, I am fulfilling my mission to serve others.

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