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Purpose and Passions Exercise

Please work through this exercise thoughtfully. Find a quiet place, take your time, and allow your unique gifts and your true self to emerge. You may find it takes several sessions to complete.

Clue #1: What do you love to do when you have spare time?

Clue #2: What parts of your present job or leisure activities do you thoroughly enjoy?

Clue #3: What aspects of your present job or leisure activities do you not particularly enjoy?

Clue #4: What do you naturally do well?

Clue #5: What have been your 10 greatest successes to date (in your eyes)?

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| Success | What Makes it a Success to You |
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Clue #6: Is there a cause(s) or value or quality about which you feel passionate? Elaborate.

Clue #7: What are the most important lessons you have learned in your life?

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| Lesson | What Makes it Significant to You/How You Use It |
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Clue #8: Imagine you are writing your epitaph. What things do YOU want to be remembered for? What things will your life be incomplete without?

Clue #9: What do you daydream (or dream) about doing?

Clue #10: What would you do if you knew you could not fail?

Now, review your responses and write any themes you notice here:

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| Themes |
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To compose your purpose statement, synthesizing your responses to the Clues, use the following format:

"My purpose is to [WHAT] through [HOW].”

“What” is what’s important to you, driving most of your personal and professional choices; it is part of your moral compass/deeply held values and will likely remain relatively unchanged over your lifetime.

The “how” is the way(s) in which the “what” could be expressed in your life as you contemplate transitioning from Deloitte; it may change as your life circumstances change and can include personal, professional and civic activities. An example might be:

“My purpose is “to help others –businesses or individuals – improve productivity to achieve success” through “delivering process improvements working in a company with that embraces cutting edge technology, where I am seen as a valuable member of the leadership team and by volunteering to teach life skills to high school students once a month.”

Write your purpose statement here:

"My purpose is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_."

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