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Life Purpose Coach

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## LIFE PURPOSE ASSESSMENT

The Life Purpose has been specifically designed to help you recognize if you are living your life on purpose. There are 4 key elements to find and live your life purpose:

- ❖ Passion
- ❖ Values
- ❖ Talents
- ❖ Contribution

In the next few minutes you’ll learn how aligned you are with your life purpose or, if not, what are the missing pieces that are keeping you from fully experiencing your purpose.

**Instruction: There are 4 statements for each element. For each one you have 4 choices:**

1. Never
2. Rarely
3. Sometimes
4. Always

Circle the number that corresponds to your answer. When you have finished, add the numbers up to find out your results.

<b>PASSION</b>				
	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Always</b>
<b>I wake up each morning looking forward to the day ahead</b>	1	2	3	4
<b>My life today is rewarding and based on my deepest passion</b>	1	2	3	4
<b>I enjoy what I do for it’s own sake, rather than for what it gets me</b>	1	2	3	4
<b>I allow myself to dream and find ways to realize my dreams</b>	1	2	3	4

<b>VALUES</b>				
	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Always</b>
<b>I live a values-based life rather than a materialistic- based life</b>	1	2	3	4
<b>Every aspect of my life is in alignment with my core values</b>	1	2	3	4
<b>My decisions are based on my beliefs rather than on what others expect from me</b>	1	2	3	4
<b>I have a deeply held set of core values that does not change with circumstances</b>	1	2	3	4

TALENTS				
	Never	Rarely	Sometimes	Always
I am clear and content with what are my greatest talents and personal strengths	1	2	3	4
I express and regularly utilize my unique talents, gifts and abilities in all aspect of my life	1	2	3	4
My work environments suits my temperament and personality style	1	2	3	4
I do what I do best, relying on others to support the areas I am not as strong as in	1	2	3	4

CONTRIBUTION				
	Never	Rarely	Sometimes	Always
I believe I am making a positive contribution to my family, friends and society	1	2	3	4
I feel purpose and meaning in my day-to-day life	1	2	3	4
My life makes sense; the events and circumstances in my life support my overall purpose	1	2	3	4
I feel a part of something that is larger than myself	1	2	3	4

**YOUR SCORE:** \_\_\_\_\_

**Results:**

First go back and re-read your answers for a few minutes. I want you to contemplate all the “Always” answers. It shows that you are confident and committed in these areas. On the other hand, I would like you to pay close attention to the “Never” answers you have. Please take some time to understand why you answered “Never” and what you could do to make changes.

**57 – 64:** Congratulations! You’re living your life’s purpose. Keep polishing it!

**49 – 56:** Your life is somewhat satisfying. There is room for progress and development to enhance the quality of your life.

**33 – 48:** You have a foundation for finding and living your purpose. The next step would be to keep building on the positive aspects and re-evaluate the points in your life that are not working for you. Be patient and gentle with yourself and you will manifest the life you are meant to lead.

**16 – 32:** Looks like it’s time for a change. You are out of alignment in your life and holding yourself back from your life’s purpose. You may lack the insight and knowledge you need to create the life you always desired.

**Contact me I would like to receive more information on your Life Purpose Coaching program:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Good Time to Call: \_\_\_\_\_ Email: \_\_\_\_\_

Comments: \_\_\_\_\_