

## Defining your Purpose Exercise

### Identify your personal values:

What matters most to you? What principles do you want to live by? Take some time to reflect on these questions and write down your answers. Your values can serve as a compass to guide you towards your purpose.

### Identify your goals and aspirations:

What do you want to achieve in your life? What would you like to be known for? What impact do you want to have on the world? Take some time to reflect on these questions and write down your answers.

### Take some time to identify your strengths:

What are you good at? What do you enjoy doing? How can you use your strengths to navigate change? Jot down some thoughts to gain clarity on this.