



YOUR PERSONAL PURPOSE SNAPSHOT

1. Does your life “make sense” to you?

What are 1-2 things that, when you experience them, make you feel like the pieces of your life fit together (e.g., a quiet moment with family, solving a complex problem, seeing a project through to completion)?

What might be one area where you currently feel a lack of "coherence" or feel scattered/confused?

2. Are you moving towards something that matters?

What's one small goal or intention you have for today or this week that feels genuinely important to you?

Is there a larger "direction" you feel nudged towards, even if it's not a fully formed plan (e.g., to be a better listener, to learn a new skill, to contribute more positively to your community)?



YOUR PERSONAL PURPOSE SNAPSHOT (CONT.)

3. Do you believe your life has worth?

Who is one person (or even an animal, or a cause) to whom your life matters? What makes you feel valuable in that context?

What's one small way you demonstrate your own inherent worth or impact on the world, even if only to yourself?

Reflect: Briefly consider your answers. Did anything surprise you? Did anything feel particularly strong or particularly absent? This isn't about judgment, but about observation.
