



The Purpose Assessment Tool

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As the saying goes, “90% of navigation is knowing where you are,” so let’s get clear on the extent to which purpose is already present in your life. You might be surprised that you are actually living in greater alignment than you think.

Below you will answer a series of questions that will give you a cursory understanding of how aware you are of your life’s purpose, how empowered you feel to act from it, and how closely aligned your life is already with your purpose. This assessment is designed to take 45 minutes.

To begin, we first need to get a sense of what your purpose in life is, or what it might be. Please answer the following questions with 2-3 phrases or sentences:

1. When are you the most passionate, the most on fire, feeling the full force of your being?

- a.
- b.
- c.

2. Who do you most admire? What is special about them?

- a.
- b.
- c.

3. With which activities do you feel most aligned, as if your whole being, your vision for the world and your deepest values are reflected, unified and expressed in their performance?

- a.
- b.
- c.

4. What problems are you uniquely designed to solve?

- a.
- b.
- c.

5. Describe a few specific moments in your life when your life felt magical, full of ease and synchronicity, as if the path of your life was being laid out deliberately by someone who loved you deeply.

- a.
- b.
- c.

6. Looking back on your life, which outcomes, victories or successes delivered you the most fulfillment?

- a.
- b.
- c.

7. Why were these outcomes, victories or successes fulfilling? Who did you get to be while you achieved them? What challenges did you delight in overcoming?

- a.
- b.
- c.

8. You are 115 years old and are about to take your last breath. A deep sense of fulfillment arises in you, as if your life is complete, as if you played it full out and then some. Why do you feel that way? What did you achieve?

- a.
- b.
- c.

9. What are your greatest challenges, traumas, and wounds, and how have they prepared you for the great work of your life?

- a.
- b.
- c.

10. If given a terminal diagnosis and only 2 years to live, and knowing all your relationships were in good standing and all your affairs were in order, what final projects you would undertake?

- a.
- b.
- c.

Purpose Awareness Score

Now review all of your answers to the questions above. On a scale of 0-10, rate how connected you now feel to your life's purpose. 10 being totally connected, "I can't believe what I just said! Never before have known myself this fully! Never before have I been so inspired by my own life and hopeful for the future!" 0 being totally disconnected, "I see nothing about my life differently. I am uninspired, unmoved, bored and/or sad." Take less than 5 seconds to answer this question. One. Two. Three. Four. Five. Write your score on a scale of 0 to 10, right here, right now:

_____ (e.g. 7)

This is your Purpose Awareness Score. It reveals the extent to which you are aware of your life's purpose. 10 being a deep awareness. 0 being very little awareness. There is no right answer here. Whatever your score is, is just fine.

Purpose Empowerment Score

Now again review all of your answers to the questions above. On a scale of 0-10, rate how empowered you are about your life's purpose. 10 being totally empowered, "I can't wait to put this down and get to work." 0 being totally disempowered, e.g. "I made this up, it's meaningless, not possible, not useful and/or not actionable", "I need to think more about this before I act", and /or "What I wrote down scares me." Take less than 5 seconds to answer this question. One. Two. Three. Four. Five. Write your purpose empowerment score on a scale of 0 to 10, right here, right now:

_____ (e.g. 6)

This is your Purpose Empowerment Score. It reveals the extent to which you are empowered to take new purpose aligned action, and also the extent to which you experience resistance to living your purpose. 10 being no resistance. 0 being a great deal of resistance. There is no right answer here. Whatever your score is, is just fine.

Purpose Alignment Score

Now, assume you had full awareness of your purpose (you scored a 10 on Awareness) and zero resistance to living your purpose (you scored a 10 on Empowerment). From this place you stand fully in your center and are entirely capable of living your life out loud, on fire, in action in every area of your life, doing what it is that you are unique designed to do. Now

review each of the seven core areas of life (health, romance, career, family, community, spirituality, finances). One area at a time, answer these two questions:

1. On a scale of 1-10, (assuming you knew your purpose and were empowered around it) how well does this area of my life express my life’s purpose? A 10 meaning you experience great joy, curiosity, freedom, workability, creativity and fulfillment in this area, that this area is your fullest self-expression. A 0 being you experience little joy, freedom, curiosity, creativity and fulfillment in this area, that it feels totally disconnected from your purpose.
2. On a scale of 1-10, (assuming you knew your purpose and were empowered around it) how well does this area of my life support my life’s purpose? A 10 meaning this area empowers you to experience joy, curiosity, freedom, creativity and fulfillment, that it sustains, nurtures and supports you in all *other* areas of your life and it helps you live your life’s purpose. A 0 meaning this area does not empower you to experience joy, curiosity, freedom, creativity and fulfillment in *other* areas of your life, and impedes your progress in living your life’s purpose.

Rate each area on a scale of 0-10 for “Expresses purpose” (question 1 above). Rate each area on a scale of 0-10 for “Supports purpose” (question 2 above).

Area:	Health	Romance	Career	Family	Community	Spirituality	Finances	Total:
Expresses purpose:								
Supports purpose:								
Total:								

EXAMPLE...

Area:	Health	Romance	Career	Family	Community	Spirituality	Finances	Total:
Expresses purpose:	6	7	8	6	7	8	6	
Supports purpose:	8	6	7	8	6	7	8	
Total:	14	13	15	14	13	15	14	98

Now total the scores across for both “Expresses” and “Supports”. Add those scores together to get your total. Now use a calculator and divide this score by 140 (the maximum if you scored 10 for each area’s expression and support of purpose) and multiply by 10. Write your score here:

_____ (e.g. $98/140 \times 10 = 7$)

Now add your Awareness, Empowerment and Alignment scores together and divide it by 30. Write this number as a percentage below.

_____ (e.g. $(7+6+7)/30 = .67$ or 67%)

This percentage is the extent to which you are living a purpose-driven life, including your awareness, empowerment to act and the results of connection to your purpose that you already have in your core life areas.

SCORING

If you scored 80% or higher:

CONGRATULATIONS! You are living a **PURPOSEFUL LIFE!** This means you are aligned in every key area of life, are aware of growth areas, and are actively engaged in realizing greater levels of fulfillment. You have overflowing gratitude for your life and a deep reverence for your purpose. You are a testament to the power of purpose.

If you scored between 40-79%:

You are living a **MEANINGFUL LIFE** and are in possession of a good deal of self-awareness, but feel like your life is about something greater than just pleasure and comfort. You want to feel aligned, creative, playful, and fulfilled in every area of life - to craft an overarching life purpose that calls you into a larger expression of yourself, so that you can contribute your gifts in a more creative and powerful way. Work with a Purpose Guide to begin the process of upgrading your life from meaningful to purposeful.

If you scored 39% or less:

You may be in **CRISIS** in one or more key areas. Know that purpose is absolutely central to your existence, but when there are acute crises in one or more key life areas, they require the primacy of your attention. It is nearly impossible to find your purpose when you are struggling to eat, in an abusive relationship, or in chronic biological pain. If this is you, please seek the support of your community and/or medical / psychotherapeutic professional to liberate yourself from economic, social and biological crises. Consider taking immediate action to remove stressors that keep you in crisis such as: finding work, changing jobs, ending a dysfunctional relationship, dealing with addiction, or changing your living situation. Only then will you have the time, energy and psychological bandwidth to devote to finding your purpose.