

LIVING MY OWN LIFE

A Purpose and Self-Discovery Worksheet for teens (ages 13-17)

My Authentic Self -

The qualities, strengths, and values that help me do good, support others, and make a positive impact.

What actually matters to me -

The people, ideas, and causes I care about - the things that inspire me to help, contribute, or make life better for others.

Moments when I feel most like myself -

Times when I feel grounded, kind, helpful, or connected - when I am showing up in a way that feels good for me and good for the world around me.



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LIVING A LIFE THAT FEELS TRUE

What gets in the way of me being me?

(Ex: comparison, pressure to fit in, fear of judgement, stress, perfectionism - anything that makes it harder to be the good, real version of myself.)

How can I stay true to myself?

(Healthy choices, supportive people, boundaries, and actions that help me stay kind, grounded, and aligned with what I believe in)



BEING MY BEST SELF

When I am at my best, I... -

(How I show up when I'm being thoughtful, helpful, responsible or supportive - the version of me that makes life better for others and for myself.)

How it feels when I'm doing good and being true to myself.

(Ex: grounded, proud, peaceful, strong, connected - the feelings that come from making a positive difference)



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MAKING A POSITIVE IMPACT

What I care about in the world -

(Ex: causes, communities, issues, people, or ideas I want to support or protect)

How I want to make the world better.

(Ex: My way of contributing - small actions, big dreams, or anything in between)

POSITIVE ACTIONS I CAN TAKE THIS WEEK





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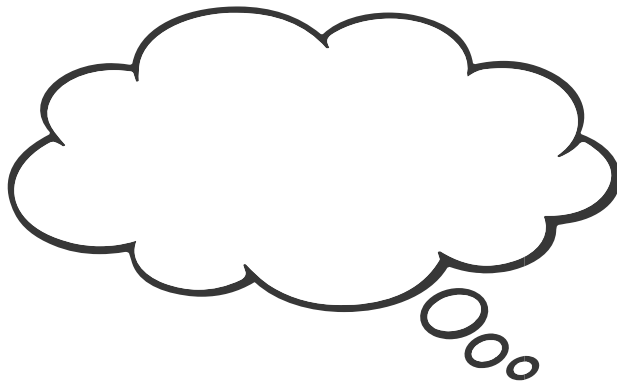
MY PURPOSE STATEMENT

I want to live a life where I _____
because it matters to me.

I want to use my strengths in _____
to make a difference in _____.

Being true to myself means _____,
even when it's not the easiest choice.

I feel most alive when I _____,
and I want more of that in my life.



MY MOTTO

A short reminder for myself

“ _____
_____ ”



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