

LIVING ON PURPOSE – MY PURPOSE



A Purpose and Self-Discovery Worksheet for young adults (ages 18-24)

My AUTHENTIC self - (The strengths, values, and qualities that guide how I show up, contribute, and make a positive impact.)

What I really want for my life - (The kind of life that feels meaningful and aligned - not based on comparison or pressure, but on what genuinely matters to me.)

What gives my life purpose? (The people, causes, communities, or ideas I want to support - the things that inspire me to do good and make the world better.)



FULFILLED LIVING
FOUNDATION



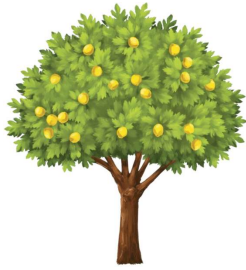
CAREER, CALLING, & CONTRIBUTION

What I am drawn to - (Career, path, or direction - fields, roles, or types of work that feel aligned with who I am and how I want to contribute.)

How my best self shows up in my work or studies - (The habits, strengths, and qualities that help me do meaningful work and make a positive difference.)

My vision for the future - (Not about material things, but about the kind of person I want to be, the impact I want to have, and the life I want to build.)





ABUNDANCE, FULFILLMENT, & WELL-BEING

What fulfillment looks like for me - (How I feel when I'm aligned with my purpose - grounded, energized, connected, creative, generous, etc.)

What helps abundance flow into my life? (Kindness, consistency, generosity, integrity, showing up for others, staying true to myself.)



FULFILLED LIVING
FOUNDATION



AVOIDING PITFALLS ALONG THE WAY

What could pull me off track? (Ex: comparison, burnout, fear of failure, perfectionism, distractions, unhealthy relationships, self-doubt.)

How can I stay grounded and true to myself? (Healthy habits, boundaries, supportive people, reflection, purpose-driven choices.)



FULFILLED LIVING
FOUNDATION



MY PURPOSE STATEMENT

I want to build a life where I _____
because it aligns with who I truly am.

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

Fulfillment for me means _____,
and I want to create more of that.

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



MY MOTTO

A short reminder for myself

“ _____

_____”



FULFILLED LIVING
FOUNDATION