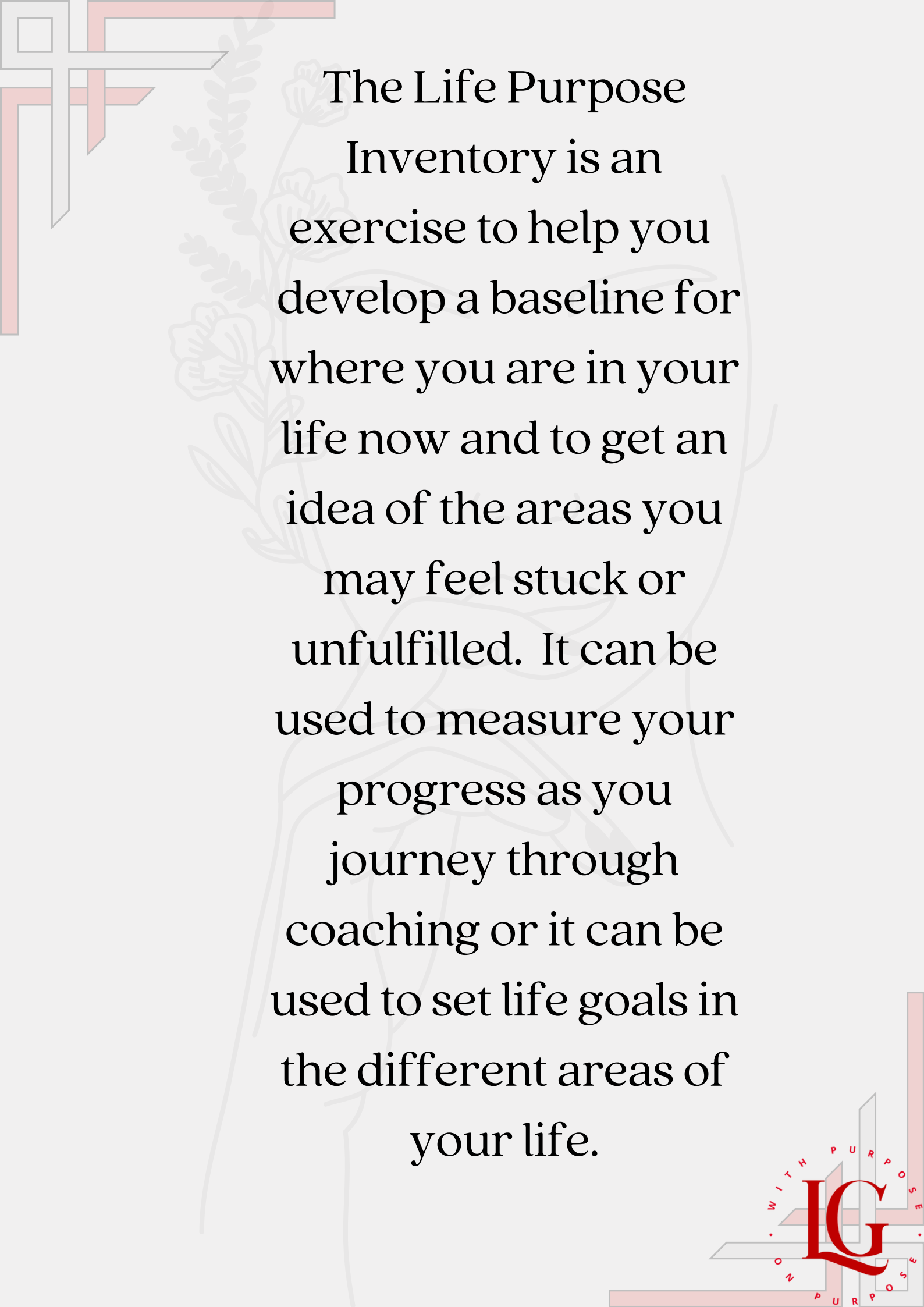


Life Purpose Inventory





The Life Purpose Inventory is an exercise to help you develop a baseline for where you are in your life now and to get an idea of the areas you may feel stuck or unfulfilled. It can be used to measure your progress as you journey through coaching or it can be used to set life goals in the different areas of your life.

On a scale of 1-10, rate where you are in each of the areas of your life.

1- not satisfied at all - 10-very satisfied

SPIRITUAL

FAMILY

FRIENDS/SOCIAL LIFE

CAREER/FINANCES

HEALTH

COMMUNITY

Observe your ratings and think about or answer the following:

- I feel the most satisfied in...
- I feel the least satisfied in...because...
- What's holding me back from becoming the best version of myself is...

Am I Living My Life With Purpose On Purpose?

Do you agree with the statements below? Answer yes or no to get an idea of where you are with living a purposed-filled life.

When I look at and think about the different areas of my life...

- Overall, I am satisfied where I am in my life right now?
- I have more areas where I am satisfied than dissatisfied?
- I have a strong sense of what I am created to do?
- I am doing what I was created to do?
- I am aware of my values, strengths, passions, and/or spiritual gifts?
- I am able to draw from my past experiences to accomplish my goals?
- When I face a challenge or obstacle, I seek ways to overcome them.
- I find ways to give back. I care about issues/things that are bigger than me.
- Most days, I feel joyous, engaged/involved, at peace and hopeful.

If you answered 4 or more:

Yes- You are well on your way to living a fulfilled life. However, there may be areas that need strengthening or you may be seeking clarity around your soul's purpose. As a Life Coach, I can help you gain clarity, stay focused, support you through unexpected obstacles and/or keep you accountable as you maximize your full potential.

No- No worries! It's never too late to start the journey. As a Life Coach, I can partner with you so that you become more attuned to who you are and what you want; as well as, helping you to plan your way to living the purposed-filled life you are created to live.

You were created to become the best version of yourself.

Let me help.

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