



The Potential-Passion-Purpose Exercise

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The Potential / Passion / Purpose exercise

Purpose

This exercise helps you move beyond what other people expect of you and beyond other people's values. It allows you to explore who you really are, what you care about and your own unique purpose in life.

Process

On the next page, you will find the exercise sheet.
Make sure you take lots of time with each step of this exercise.

1. In the "**Potential**" circle, write at least 7 of your positive traits and skills that you have or are moving towards having.
2. In the "**Passion**" circle, write all the things that you love to do (things you are passionate about).
3. In the "**Purpose**" circle, write things that bring meaning and purpose to your life.
4. Look at all of the things you have written, find links between things in each of the areas, and find the underlying thread.
5. Then, complete the sentence in the box at the bottom of the page, incorporating elements from each of the areas.

Outcome

Once you have completed this exercise, you will have some idea of what motivates and inspires you. And when you find a career that incorporates some of these elements, it will provide you with a true sense of fulfilment.

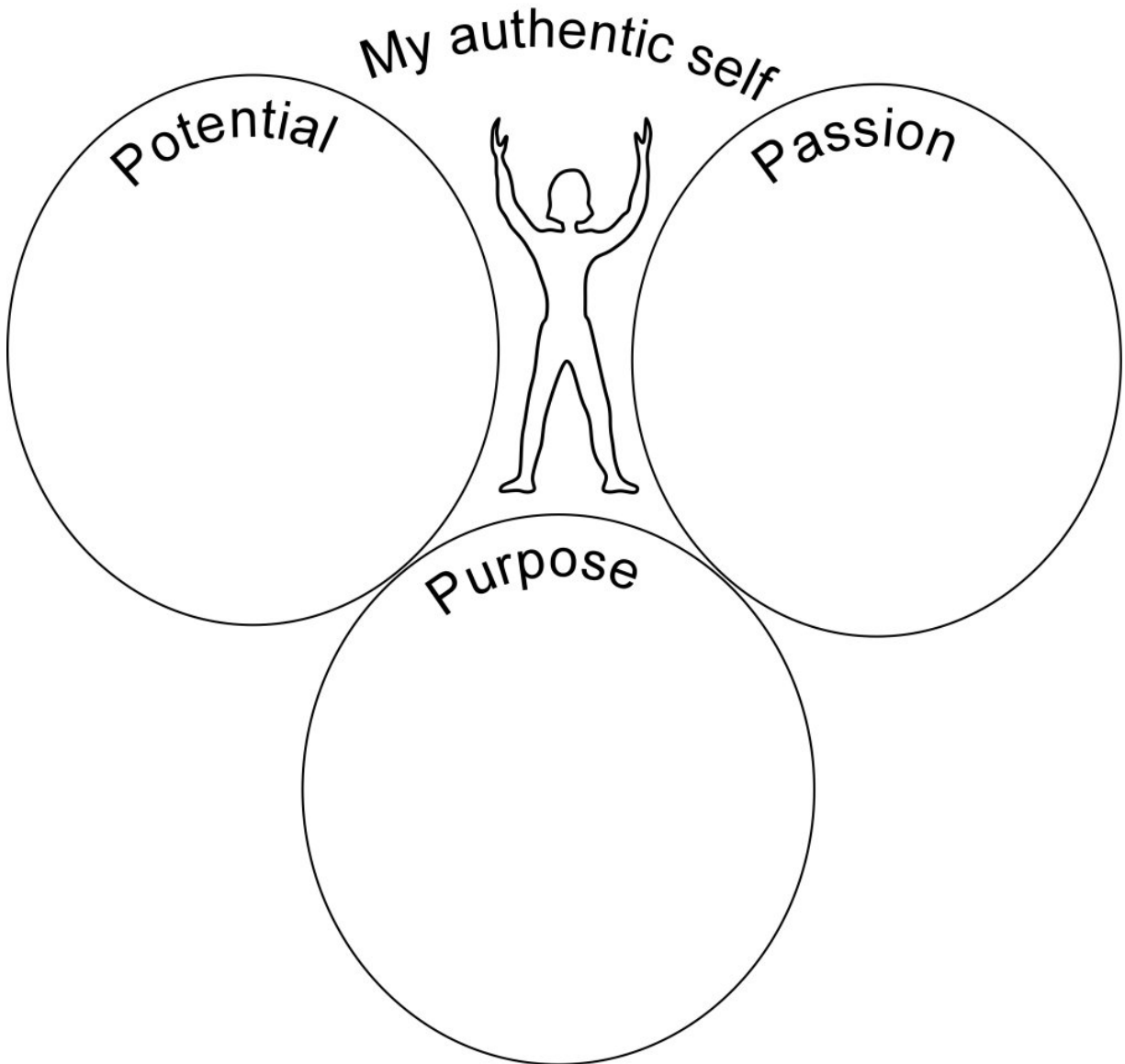


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I live my unique personal life purpose when I...