



What Is My Purpose in Life?

Questions to Help You Find It

How to use these questions

Start with the first group, because purpose usually hides in what you already do. Pick one question, set a timer for five minutes, and write without trying to sound wise. A list of examples is better than a big statement. When you have answered a few, read them together and circle anything that shows up twice. That repeat is worth paying attention to.

What already pulls you

- 1 What problem do you notice that other people seem not to mind?

- 2 What topic could you talk about for an hour without preparing?

- 3 Which task at work or at home do you quietly hope nobody takes away from you?

- 4 What do you read or watch about when no one is asking you to?

- 5 What kind of work makes you tired in a good way?

- 6 What have you spent your own money learning?

- 7 What do you get impatient to tell someone about when you discover it?

Who you want to help

- 8 Who did you help this month, and how did you feel about it an hour later?



9 What kind of person do you naturally root for?

10 What did you go through that you would like to make easier for someone else?

11 What do people thank you for that you barely notice doing?

12 If you could fix one thing in your street or town, what would it be?

13 Whose week would be a little worse if you stopped showing up?

What you would regret

14 What will you be annoyed you never tried, ten years from now?

15 Which "someday" plan have you been carrying for more than three years?

16 What would you make with a year off if your bills were covered?

17 What are you doing now mainly to avoid disappointing someone?

18 What do you admire in someone older than you, and could you start building it now?

19 What would you like to be known for in your family, apart from your job?

Purpose on an ordinary day

20 What did you do this week that mattered, even if no one saw it?

21 Which part of your current work would you keep if you could delete the rest?

22 What small thing do you do well that makes a room or a team run better?

23 What do you refuse to do badly, even when no one would notice?

24 When did you last feel useful, and what exactly were you doing?

25 What would make next Monday feel worth getting up for?

Testing your answer

26 If your purpose had to fit in one short sentence today, what would you write?

27 How could you test that sentence this month, in less than an hour a week?

28 What would you have to give up to follow it more seriously?

29 Who already lives a version of it that you could talk to?

30 What is the smallest step you could take toward it before Friday?
