

# Inspired Life Purpose Exercise



Taking into account what is most important to you, what you are best at, and what you have trained for. Let's discover your Inspired Life Purpose. Refer to the figure above for the next assessment. You can just use your own pen and piece of paper.

1. **GIFTS:** List out your innate talents/gifts; what comes easily to you.
2. **SKILLS:** List your knowledge/skills, life experiences, education, and training that has prepared you for life.
3. **PASSION:** List what you would be doing if you had all the money, support, and motivation you needed.
4. **TRENDS:** List a major trend or trends you see and what you believe the world needs most at this time.

Looking at all of these areas, you will realize your inspired life purpose. What will you do to manifest it?

# Determine Your Inspired Life Purpose



## Talents and Gifts:

My innate gifts and talents that come easily to me are...

## Knowledge and Skills:

Through my education, training, and experience I am skilled and knowledgeable about...

## Passion:

If I had all the time, money and support, what I would really love to do is...

## Needs and Trends:

Something I believe the world needs now is...

Thinking about your answers, how do they combine to make your unique 3.0 contribution?