

PURPOSE QUEST



Viewing your life in a big-picture context can help you develop a better picture of where you came from and where you'd like to go. The **Life Spiral** shows your whole story, from birth to death.

1. At the bottom of the spiral, write your date of birth. At the top, write the age you think you will live to be. Mark the place on the spiral which represents your current age. How far along are you in this life? What feelings does this evoke?
2. Record three major life events that shaped your life story. These could be any major life events, breakthroughs or breakdowns, such as weddings, divorces, moves, losses, career changes, etc. Write down the age each life event took place. What was the life lesson learned?
3. Focus on each of these life lessons—what did they teach you, and how did they change you? Can you gauge from this exercise where you are in your life today and where you'd like to be by the end of it? What would a life well lived look like? Seeing your life in this broader perspective can help identify what is meaningful and valuable to you.

Life Event #1 _____ Age _____
Life lesson learned? _____

Life Event #2 _____ Age _____
Life lesson learned? _____

Life Event #3 _____ Age _____
Life lesson learned? _____

Adapted with permission of Inventure: The Purpose Company (2025)

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Three things can shape your calling – your gifts, passions, and values.

Richard Leider puts this into a simple formula:

Gifts + Passions + Values = Calling

Your gifts are natural. These often emerge early in our lives, and show up in things that we love to do.

Reflect on your gifts:

What comes naturally to you?

What do others say you're naturally good at?

What do others observe you doing effortlessly and superbly?

Passions are things that you care deeply about that move and inspire you.

Reflect on your passions:

What do you care deeply about?

What moves you?



What inspires you?

What is worth doing?

Values are the fundamental principles or standards that guide your behavior and decision-making. Your values reflect what you consider important and how you prioritize where you place your time and resources.

Reflect on your values:

What is it that you stand for?

PURPOSE QUEST

WHAT IS MY PURPOSE?

Purpose is your reason for being, your answer to the question, “Why do I get up in the morning?” It is the spiritual core and organizing principle that helps you find meaning in your day-to-day experiences.

We often observe or hear about people who seem to be living second half lifestyles rich in purpose. They are often people whose lives center around their true gifts, passions, and values.

For each statement, circle the number that would most accurately describe you today.

MY PURPOSE INVENTORY

Life to me seems:

1	2	3	4	5	6	7
Boring			Neutral			Exciting

In my life I have:

1	2	3	4	5	6	7
No life aims			Neutral			Clear life aims

In achieving life aims I have:

1	2	3	4	5	6	7
Made no progress			Neutral			Made great progress

My person existence is:

1	2	3	4	5	6	7
Meaningless, without purpose			Neutral			Meaningful, very purposeful

My life is:

1	2	3	4	5	6	7
Empty, filled with despair			Neutral			Full, running over with good things



In thinking of my life, I:

1	2	3	4	5	6	7
Wonder why I am here			Neutral	See my reason for being here		

If I should die today, I would feel that my life has been:

1	2	3	4	5	6	7
Worthless			Neutral	Worthwhile		

With regard to death, I am:

1	2	3	4	5	6	7
Unprepared, frightened			Neutral	Prepared, unafraid		

Concerning my freedom to make my own choices, I believe I am:

1	2	3	4	5	6	7
Bound by limitation of heredity & environment			Neutral	Free to make life choices		

I have discovered:

1	2	3	4	5	6	7
No meaning or purpose in life			Neutral	Clear meaning and purpose in life		

In your deepest moments of reflection, what purpose emerges for your life?

PURPOSE QUEST

MY PURPOSE STATEMENT

Using the following cues, **create your own purpose statement.** Try out several draft statements to see how they look and feel to you before selecting a working statement.

To Awaken
To Ignite
To Organize
To Create
To Teach
To Support
To Empower
To Develop

To Accept
To Encourage
To Help
To Listen
To Inspire
To Seek
To Design
To Enhance

To Challenge
To Act Upon
To Learn
To Heal
To Energize
To Serve

Draft #1: _____

Draft #2: _____

Draft #3: _____

My Purpose Statement:

Read your statement aloud. Does it resonate deep within you? If you find it difficult to name your purpose, don't be discouraged. Live in the question for a few moments each day for a week. The declaration you've made here will continue to evolve. The effort will have lasting benefits.

Self-Assessment Tool

On a scale of 1 (a total beginner) to 5 (adept) rank yourself on the following leadership skills:

(Of note: this is for you – and you only: it will not be turned in)

Finance (includes developing and tracking budgets, making the business case; obtaining resources; profit and loss statements)

1 ----- 2 ----- 3 ----- 4 ----- 5

Negotiation (with leadership for resources, space, equipment raises)

1 ----- 2 ----- 3 ----- 4 ----- 5

Communication (obtaining feedback, managing conflict; having challenging conversations; public speaking; media training; communication with policy makers; carrying out performance appraisals; addressing biases towards integrative medicine)

1 ----- 2 ----- 3 ----- 4 ----- 5

Leadership (organizational change; managing challenges; program development; sustainability)

1 ----- 2 ----- 3 ----- 4 ----- 5

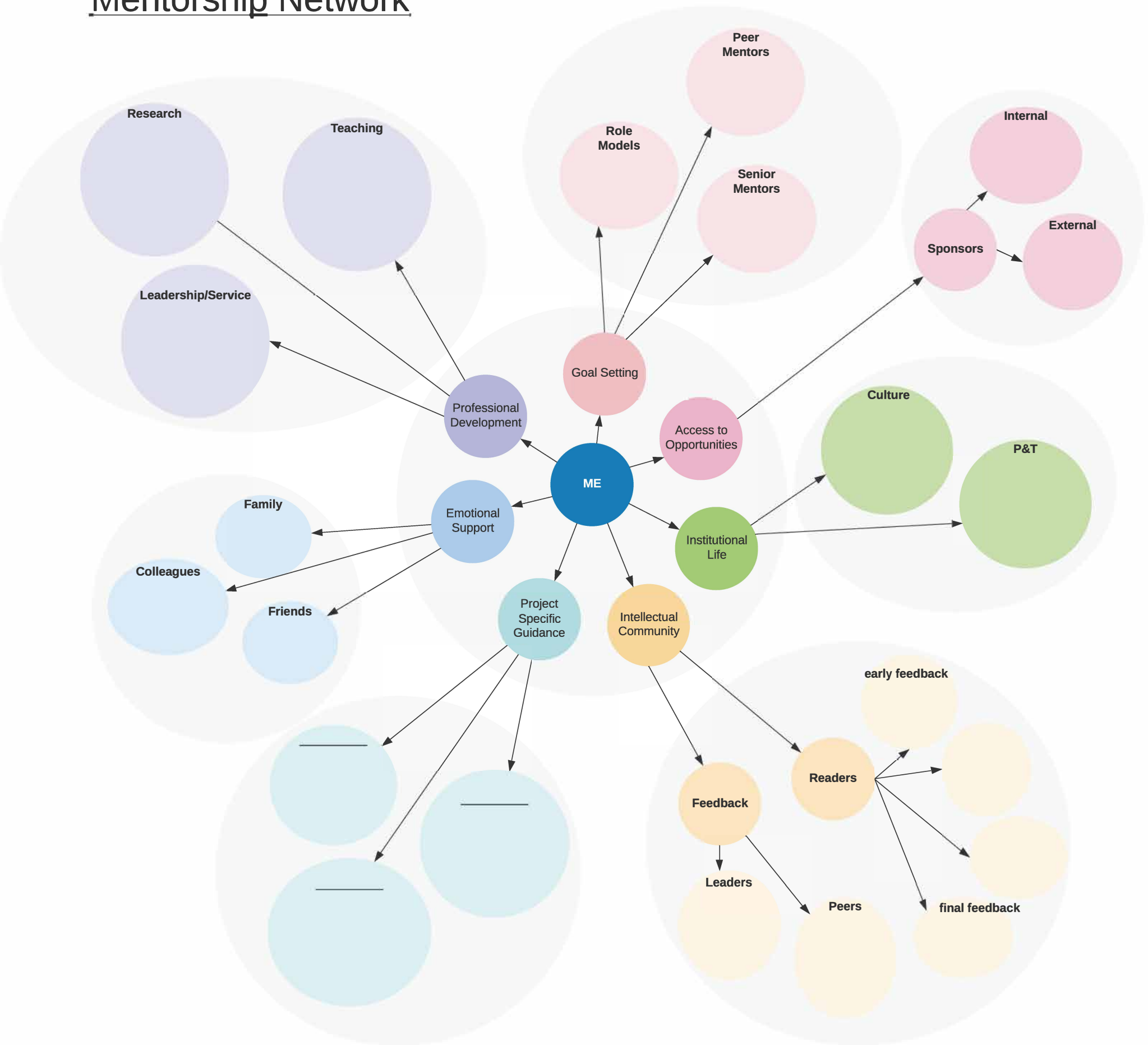
Relationship Building (including with leadership; community partners; insitutional partners; mentorship; donors)

1 ----- 2 ----- 3 ----- 4 ----- 5

IM ELEVATOR PITCH FORMAT FOR FEEDBACK

	Elevator Pitch
List team members	
Highlight need/problem with question, fact, or story	
Describe the solution/programs that you will create	
Describe the impact and fit with institutional strategic plan	
Address “why you” or why your team	
Ask: key resource(s) needed and why (money, people, technology, equipment)	

Mentorship Network



Conscious commitment begins the process of positive change and relational and organizational resolution. We define commitment using its Latin origin, *committere*, which means to gather one's energy and move it in a chosen direction. Using this definition, we view commitment as an energetic experience and not a moral issue. We invite you to embrace these 15 commitments as your entry-gate into "By Me," a life free of victimhood. Following each commitment is the "To Me" commitment; the way people show up when they are living and leading (either consciously or unconsciously) from the belief that life is happening to them.

1. I commit to taking full **responsibility** for the circumstances of my life, and my physical, emotional, mental and spiritual wellbeing. I commit to support others to take full responsibility for their lives.

I commit to blaming others and myself for what is wrong in the world. I commit to be a victim, villain, or a hero and take more or less than 100% responsibility.

2. I commit to growing in self-awareness. I commit to regarding every interaction as an opportunity to learn. I commit to **curiosity** as a path to rapid learning.

I commit to being right and to seeing this situation as something that is happening to me. I commit to being defensive especially when I am certain that I am RIGHT.

3. I commit to feeling my **feelings** all the way through to completion. They come, and I locate them in my body then move, breathe and vocalize them so they release all the way through.

I commit to resisting, judging and apologizing for my feelings. I repress, avoid, and withhold them.

4. I commit to saying what is true for me. I commit to being a person to whom others can express themselves with **candor**.

I commit to withholding my truth (facts, feelings, things I imagine) and speaking in a way that allows me to try to manipulate an outcome. I commit to not listening to the other person.

5. I commit to ending **gossip**, talking directly to people with whom I have an issue or concern, and encouraging others to talk directly to people with whom they have an issue or concern.

I commit to saying things about people that I have not or will not say to them. I commit to talking about people in ways I

wouldn't if they were there. I commit to listening to others when they gossip.

6. I commit to the masterful practice of **integrity**, including acknowledging all authentic feelings, expressing the unarguable truth and keeping my agreements.

I commit to living in incompleteness by withholding my truth, denying my feelings, not keeping my agreements, and not taking 100% responsibility.

7. I commit to living in **appreciation**, fully opening to both receiving and giving appreciation.

I commit to feeling entitled to "what's mine," resenting when it's not acknowledged in the way I want.

8. I commit to expressing my full magnificence, and to supporting and inspiring others to fully express their creativity and live in their zone of **genius**.

I commit to holding myself back and not realizing my full potential by living in areas of incompetence, competence and excellence.

9. I commit to creating a life of **play**, improvisation, and laughter. I commit to seeing all of life unfold easefully and effortlessly. I commit to maximizing my energy by honoring **rest**, renewal and rhythm.

I commit to seeing my life as serious; it requires hard work, effort and struggle. I see play and rest as distractions from effectiveness and efficiency.

10. I commit to seeing that the **opposite of my story** is as true or truer than my original story. I recognize that I interpret the world around me and give my stories meaning.

I commit to believing my stories and the meaning I give them as the truth.

11. I commit to being the source of my **security, control and approval**.

I commit to living from the belief that my approval, control and security come from the outside; people, circumstances and conditions.

12. I commit to experiencing that I have **enough** of everything... including time, money, love, energy, space, resources, etc.

I commit to a scarcity mentality choosing to see that there is "not enough" for me and others in the world and therefore I have to be conscious of making sure I get and preserve what is "mine."

13. I commit to seeing all people and circumstances as **allies** that are perfectly suited to help me learn the most important things for my growth.

I commit to seeing other people and circumstances as obstacles and impediments to getting what I most want.

14. I commit to creating **win for all** solutions (win for me, win for the other person, win for the organization, and win for the whole) for whatever issues, problems, concerns, or opportunities life gives me.

I commit to seeing life as a zero-sum game, creating win/lose solutions for whatever issues, problems, concerns, or opportunities life gives me.

15. I commit to **being the resolution** or solution that is needed: seeing what is missing in the world as an invitation to become that which is required.

I commit to responding to the needs of the world with apathy or resentment and doing nothing or assigning blame to others.