

My Purpose

Self-Coaching Guide

How do I find my purpose?

If you're struggling to find your purpose in your life, it could help if you ask yourself five questions:

1) What do I do well? This question helps you uncover that unique **talent** that sets you apart from others. Perhaps you're good at public speaking or motivating others. Or maybe you're good at solving computer problems or supporting your friends through tough times. Whether you have 'hard' or 'soft' skills, knowing what you do well will start you on your way to using your talent in your purpose.

2) What do my friends say I do well? Unfortunately, it can be hard to recognise your own **talent**. When something comes naturally, it doesn't always seem special. To help you, ask your family or friends what they think you're good at. Ask several people, and when you start to hear certain talents over again, you've identified an area of strength. (See overleaf for some questions you could ask them).

3) If I could do or be anything, what would I do or be? This question taps into your **desires** and can help you identify your purpose. A good way to answer it is to consider those things you like to do in your free time or the projects at work you volunteer for or seek out. When in the day does time seem to fly? What are you doing when you get lost or immersed in a project? These things should also align with your talent. It's important not to confuse purpose with passion. Sometimes you can be passionate about something you're not any good at. In which case, you can make it a hobby rather than a career.

4) What gives me results when I do something? Your purpose will give you a **return**, and this question helps you identify the things you do that generate results. For example, if your talent is sales, you likely hit your targets every month. Or if you are good at innovative thinking, you might share ideas at work that prompt new projects. Pay attention to the tasks you do that get you praise and recognition.

5) How can I get better? Once you identify your uniqueness, you need to fine-tune and work harder at it to set yourself apart. While having talent helps make you special, developing it further gives you a **strength**. When you're working to improve your strength, your potential to grow and get better is high.

Why purpose is important

If you're drifting you probably haven't identified your purpose in your life. Once you discover your purpose, you can do life on purpose. Intentionality takes you to a whole new level. No one has ever been successful doing something that they didn't like, and no one has ever been successful doing something they can't do well. Every day, lots of people do something they don't like doing and wonder why they're not a success. Success is knowing your purpose in life and having a plan to grow to help you reach your maximum potential.

Reference:

This guide is based on *The Leader's Greatest Return: Attracting, Developing, and Multiplying Leaders* by John Maxwell (2020).

"If you want to find your purpose, discover what matters in your life by getting rid of everything that doesn't." Anon.

More Information

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Questions to ask those who know me well

Here are some questions you can ask those who know you the best, and be sure to ask them to provide examples so you are truly convinced of what they say:

- How would you describe me?
- What are your thoughts on my career to date?
- What do you consider to be my natural talents?
- How would you describe my interpersonal style?
- Is there any career you think I would be suited to? Why?
- What type of work environment do you see me working in most successfully?
- What do you think I should do in my career?
- What would it take for me to fulfil my potential?
- What might hold me back?
- What do I need to be doing more/less of?

Reference:

These questions are taken from *Brilliant Career Coach: How to find and follow your dream career* by Sophie Rowan (2011).

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