

LIFE PURPOSE EXPLORER

A practical self-coaching worksheet using NLP tools

Explore what gives your life meaning, identify the values beneath it, and turn your insights into a purposeful direction.

How to use: Take your time. There is no single “correct” purpose. Look for recurring themes, values, strengths, experiences, and contributions that feel meaningful to you.

Name / Date

NLP tools used: Values Elicitation • Well-Formed Outcomes • Meta Model • Timeline/Future Pacing • Perceptual Positions • Anchoring • Chunking • Ecology Check

1. Your Meaningful Moments

Purpose often becomes easier to notice by looking backward at moments when you felt alive, useful, proud, connected, challenged, or deeply satisfied.

List 3–5 experiences that stand out as meaningful.

Experience 1 — What happened? Why did it matter?

Experience 2 — What happened? Why did it matter?

Experience 3 — What happened? Why did it matter?

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2. Find the Common Pattern

Step back from the individual memories and look for repeated themes. These patterns can reveal what naturally matters to you.

- When have I felt most alive or engaged?
- When have I felt that my effort really mattered?
- What kind of problems do I enjoy solving?
- Who do I naturally want to help or support?
- What do people often come to me for?
- What themes keep appearing across different stages of my life?

Repeated themes I notice:

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One sentence that connects these experiences:

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3. Values Elicitation

Values are the qualities or principles that make an experience important to you—for example growth, freedom, contribution, family, learning, creativity, security, or impact.

Choose the values that feel important to your life purpose:

- ☐ Growth / Learning
- ☐ Contribution / Service
- ☐ Freedom / Choice
- ☐ Creativity / Expression
- ☐ Connection / Relationships
- ☐ Achievement / Excellence
- ☐ Security / Stability
- ☐ Meaning / Spirituality
- ☐ Leadership / Influence
- ☐ Adventure / Exploration
- ☐ Balance / Well-being
- ☐ Other: _____

My top 5 values:

Why are my top 2 values especially important to me?

4. What Do You Want to Contribute?

Move from “What do I want to get?” to “What do I want to create, improve, teach, solve, support, or contribute?”

Complete these prompts:

- A problem I care about solving is...
- A group of people I care about helping is...
- Something I want to make easier/better for others is...
- Knowledge or experience I want to share is...
- A positive change I would like to see is...

My contribution statement:

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5. Strengths & Natural Resources

Purpose becomes practical when it connects with capabilities you can develop and use. Look for strengths you already demonstrate—not only formal qualifications.

What comes naturally to me?

- Listening / understanding people
- Explaining / teaching
- Creating / designing
- Organizing / planning
- Solving problems
- Leading / influencing
- Building relationships
- Analyzing / researching
- Encouraging / supporting
- Learning quickly
- Other: _____

Evidence: When have I demonstrated these strengths?

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Strength I most want to develop further:

6. Meta Model: Clarify the Story

Purpose can become hidden behind vague statements such as “I should do something meaningful” or “I have to find my one true purpose.” Use precise questions to examine the belief.

Write one limiting or confusing statement you have about purpose:

Challenge it with these questions:

- What specifically do I mean by “purpose”?
- How will I know I am living purposefully?
- Who says I have to find one perfect purpose?
- What evidence tells me I am not already moving toward purpose?
- What would become possible if I released this assumption?
- What is one more useful way to describe my situation?

My clearer, more empowering statement:

7. Purpose in Different Perceptual Positions

Explore your purpose from three viewpoints. Each position can reveal different information.

Position 1 — Me: What kind of life feels meaningful and authentic to me?

Position 2 — Others: If people who know me well described my positive impact, what might they say?

Position 3 — Observer: Looking at my life neutrally, what strengths, themes, and contributions are visible?

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8. Resource State & Anchoring

Connect your purpose exploration with a resourceful state such as confidence, gratitude, courage, curiosity, compassion, or determination.

The resource state I want: _____

Recall a real moment when you experienced it strongly. What did you see, hear, and feel?

What gesture, posture, word, or breath can remind me of this state?

*When I access this state, I ask myself: **“What meaningful contribution can I make from here?”***

My answer:

9. Future Pace: Your Purposeful Life

Imagine yourself 3 years from now living in a way that feels purposeful. Make the future sensory-specific rather than abstract.

- What do I see around me?
- What am I spending my time doing?
- Who am I helping, serving, teaching, creating with, or leading?
- What am I hearing people say about the impact of my work/life?
- How do I feel in my body?
- What values am I clearly living?
- What did I stop doing because it no longer served my direction?

My future purposeful-life picture:



10. Create Your Life Purpose Statement

Do not try to make this perfect. Create a statement that captures your current direction. It can evolve as you learn.

Use this structure if helpful:

"I use my _____ (strengths/qualities) to _____ (contribution) for _____ (people/cause) so that _____ (impact/meaning)."

Draft 1:

Draft 2 — simpler and more natural:

My current life-purpose statement:

11. Ecology Check

A meaningful direction still needs to fit your wider life. Check the possible consequences before turning insight into a commitment.

- Does this direction align with my important values?
- What will it give me?
- What might it require me to change or sacrifice?
- Who else could be affected?
- What responsibilities must I balance?
- What resources, skills, or support will I need?
- What unintended consequence should I consider?
- What small experiment could test this direction safely?

My ecology notes:

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12. Turn Purpose into Action

A purpose statement becomes meaningful when it influences daily choices. Chunk your direction into small actions you can actually begin.

My purpose direction:

In the next 7 days, I will:

In the next 30 days, I will:

One habit that supports my purpose:

One thing I will stop / reduce / delegate:

13. Purpose Review

Review this worksheet after you have taken action. Purpose is not only something you discover—it can also become clearer through experience and feedback.

- What did I learn about myself?
- Which values became clearer?
- What activity felt most meaningful?
- Where did I feel useful or energized?
- What feedback did I receive?
- What should I continue?
- What should I change?
- What is my next purposeful experiment?

My learning:

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My next purposeful experiment + date:

Purpose is a direction I can live, test, learn from, and refine—not a label I must get perfect.

Note: This worksheet is a coaching/self-reflection tool. It does not claim to scientifically determine a person's single or fixed life purpose.