

THE EXECUTIVE COACHING UNIVERSITY

The Global Leader in Executive Coaching Training™



Greetings!

Congratulations for taking this step to get more out of your life!

The goal of this workbook is to inspire you to think about what your true purpose in life is. The questions that follow will hopefully prompt some thoughts that may have been with you for years, but may have been veiled- for various reasons.

Please carve out enough time to really think about your answers. Journal about your thoughts and enlist the help of others as you ponder what changes you may need to make. This should be a thought provoking and exhilarating process.

Take this opportunity to make changes that will produce the true happiness that you so richly deserve! As always, we are here to help.

In service,

A handwritten signature in blue ink, appearing to read "A. Drayton Boylston". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

A. Drayton Boylston
Founder- The Executive
Coaching University

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www.ExecutiveCoachingUniversity.com

Name: Date:

Mine Your Past To Guide Your Future

As you answer these questions think about how you pictured your future life when you were younger. What provided the most enjoyment and pleasure? How did you see your life turning out?

1. What is the first thing you can remember wanting to be when you were young?
2. What career did you want to have when you were in high school?
3. What career did you want when you got out of college (or other school)?
4. What career have you always envied?
5. What career have people often mentioned that you should pursue?
6. What daily pursuit would make you jump out of bed in the morning?

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Name: Date:

Test For Your Purpose

1	Strongly Disagree
2	Disagree
3	Neutral
4	Agree
5	Strongly Agree

Discovering your Purpose in life can unlock many incredible things. Use this tool to help unlock yours. Print this off for use. For each question below, circle the number to the right that best reflects how you rate yourself for each question. Use the scale above to select the number.

My Purpose	Scale				
I have great clarity about my Purpose in life.	1	2	3	4	5
I rise each day with the belief that I am doing what I'm meant to	1	2	3	4	5
My goals reflect what it takes to fulfill my Purpose.	1	2	3	4	5
I am passionate about my work.	1	2	3	4	5
I feel a calmness knowing that I am doing what I am meant to	1	2	3	4	5
When I reach a goal I feel fulfilled.	1	2	3	4	5
I have asked those close to me what they think my Purpose is	1	2	3	4	5
My friends have clarity about their own Purpose.	1	2	3	4	5
My work fulfills my Purpose.	1	2	3	4	5
I have the courage to make changes that will fulfill my Purpose.	1	2	3	4	5

Scores:

10-20 Time to really invest time in discovering your Purpose.

21-30 Your focus on your Purpose could use some work.

31-40 You have made some great strides. Time for more?

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41-50 You have clearly defined your Purpose in life. Time for you to provide leadership to others!

Journaling

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I believe that journaling is one of the most powerful tools available to us today. In our frenetic world most of us don't devote enough quiet time in order to think things through. Please start investing the time.

Place a notebook beside your bed. Each night for one week write some thoughts about your Purpose in life. Spend time thinking about what has provided inspiration in your life. Your goal should be to write at least a page a day about the things that relate to Life Purpose in your eyes. I ask that you commit to one full week to start. My hope is that this will become a daily habit for you and lead to many great discoveries.

Don't look at this as a task that needs to be completed and hurried through. Look at this as an opportunity to discover whatever enters your mind when you let the "quiet" take over. Your writing should be a stream of consciousness exercise and not in a formal writing format.

Think of questions such as:

1. What happened today that inspired me?
2. Who inspired me today and why?
3. What about my work today was not pleasing? Why?
4. What did I do today that furthered my goals? 5.

What put a smile on my face today? Why?

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Alignment

This next step is really important!

YOUR PURPOSE NEEDS TO BE IN COMPLETE ALIGNMENT WITH YOUR VALUES!

Your core personal Values are the building blocks for everything that you do. Seek to discover the essence of what you stand for and truly believe in. Your firmly established Values with guide all of your decisions easily and with a level of confidence that you may not possess today.

Take the following *Values Test™* and uncover the fundamental building blocks for discovering your Life Purpose.

As you go through this exercise make sure that the Purpose you have defined is in sync with all of your Values. The more that these two elements are in harmony the more complete your life becomes.

Personal Values Test™

Name: _____

Date: _____

1	Strongly Disagree
2	Disagree
3	Neutral
4	Agree
5	Strongly Agree

Values form the foundation for all of your actions. These truths represent the essence of who you are. Print this off for use. For each question below, circle the number to the right that best reflects how you rate yourself for each question. Use the scale above to select the number.

My Values					
1. I know what my top 3 Core Values are.	1	2	3	4	5
2. My family and friends know what my Values are.	1	2	3	4	5
3. I have based my goals on my Values.	1	2	3	4	5
4. I test decisions based upon my Values.	1	2	3	4	5
5. I live my life based upon my core beliefs.	1	2	3	4	5
6. When I reach a goal I feel fulfilled.	1	2	3	4	5
7. I discuss Values with friends, family and co-workers.	1	2	3	4	5
8. My friends share similar Values.	1	2	3	4	5
9. My work reflects my Values.	1	2	3	4	5
10. Others would say I live my life based upon my Values.	1	2	3	4	5

Scores:

10-20 Time to pay serious attention to your Values.

21-30 Your focus on Values could stand some work. 31-40 You have made some great strides. Time for more?

41-50 You have made it an art. Time for you to provide leadership to others!

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List and Learn

List the top 3 things you love to do.

Rate yourself on how your work
and life reflect these. 1(best)- 5

1.	1.
2.	2.
3.	3.

Now, take these 3 "loves" and compare them to your present goals.

Goals:

Alignment with Loves/Purpose
1(best)- 5

1.	1.
2.	2.
3.	3.

What changes do you need to make based upon what you have discovered?

1. _____
2. _____
3. _____

Establish Goals to make these changes.

Goal #1: _____ Due by: _____

Goal #2: _____ Due by: _____

Goal #3: _____ Due by: _____

Next Steps

You've "Mined Your Past to Guide Your Future."

You've "Tested For Your Purpose."

You've "Journaled."

You've tested your Values for "Alignment."

You've "Listed and Learned."

Great! *Now what?*

ACT!!!

Follow me-



Time to Commit to Your Life Purpose!

My Life Purpose is:

I know this because:

I will act on this by doing the following:

When? _____

When? _____

Make positive changes now!

With the discovery of the information from this workbook you should now have a good idea of what your true Life Purpose is. If that is not the case, please do the exercises again. Devote more time to the process. The answers will present themselves.

We wish you all the best. If we may be of service in any way, please let us know.

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