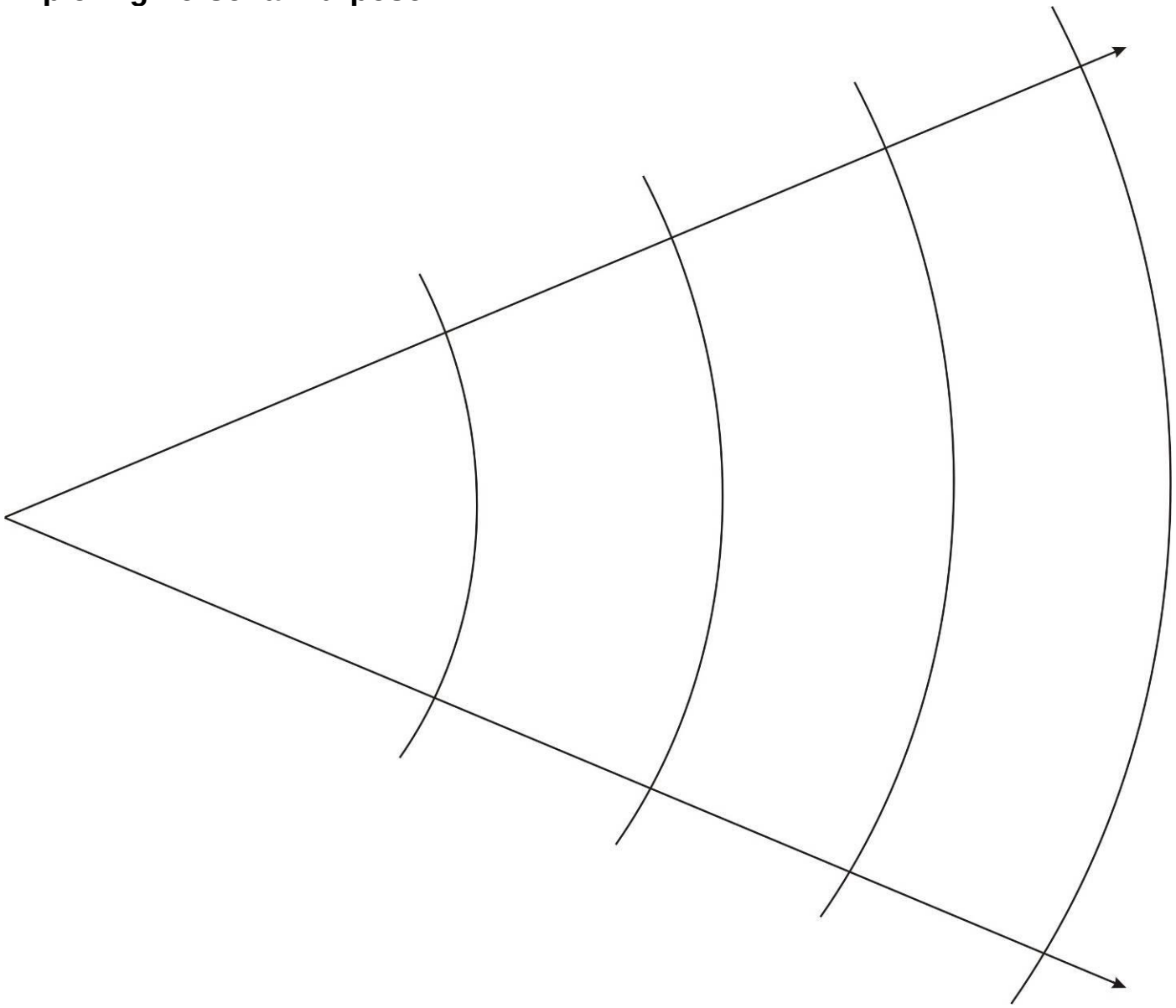
Exploring Personal Purpose



On the preceding page is a diagram. Complete the following steps to assist in further clarity about your purpose, using that diagram to complete the steps.

Step one: Label the column in the right “how I want to be seen in the world” and then list everything that comes to mind when you think of how you want to be seen in the world.

Step Two: Then go one column to the left and label it “how I don’t want to be seen in the world” and then list everything that comes to mind when you think of how you don’t want to be seen in the world.

Step Three: Make note of a metaphor for each of the two columns if a metaphor comes to you. For example, a metaphor that I found for my first column was a ‘lighthouse’ and for my second column was a ‘coyote’.

Step Four: Once metaphors are identified, circle a word in the first column and one in the second column that are the most opposite to each other. You might have a difficult time with this because so many of the words in the two columns seemed like opposites, but do your best to choose a pair.

Step Five: Label the third column in from the right, ‘fear’. Focus on the two words that you circled and identify to the best of your ability an underlying ‘fear’ that you have that is related to these words. The two words were intended to provide a key to a big underlying fear that you have.

Step Six : Label the final column (the left hand one) ‘purpose’. A big fear usually covers up the personal purpose of ‘who you are’. So, keep reaching into yourself, looking behind the fear to see what it is covering up. Write down what comes to mind for you when you think of what purpose might be under the identified fear.