

# Purpose Practice Sheet Responses

<http://www.unstuck.com/wp-content/uploads/2016/03/purpose.pdf>

## Pinpoint Your Values:

- 1) After dealing with getting up and started in the morning I know can seek out interesting information and tackle fun challenges.
- 2) I stay up late at night trying to get my brain to shutdown from all the interesting things I am processing.
- 3) At my best, I am integrating complex ideas and working them out to achieve useful insights.
- 4) I am bothered when things could be more accurate and still more accessible to others.
- 5) I do the work I do because I get a charge out of realizing interesting solutions and interconnected concepts.
- 6) Having it easy, and not be time-consuming, to connect to interesting social activities & people I care about is a guiding principle for deciding where I live.
- 7) My purchases are guided by what is functionally helpful to make things easier to have fewer blockers for moving through my days.
- 8) I long for intellectual challenges as well as others finding joy in the intricate connection that I find joyous.
- 9) I choose to read and watch things because I enjoy gathering information from a wide variety of sources.
- 10) I admire people who exhibit great skills in connecting people to other people and connecting people to interesting insights.
- 11) I am happy when I discover insightful solutions to complex problems that can make a difference in peoples lives.
- 12) The relationships I have help me gain various perspectives and connect me to personal growth.

## Consider Your Options:

### List Your Opportunities:

- 1) To have a new career.
- 2) To work in a way to help change the world
- 3) The opportunity for a more reliable sense of financial stability
- 4) To tackle challenging problems in a meaningful way
- 5) Being stable enough to devote time and resources to help others expand their horizons.

### List Your Core Values

- 1) Fun through tackling challenging problems
- 2) Breaking down complex topics
- 3) It is important to have a wide breadth of information.
- 4) Getting others to open their perspective.
- 5) Education is a continuous process throughout life.
- 6) Challenging myself and my view to hone a better perspective

## **Purpose**

My purpose is to pull together complex information to discover insightful connections to inspire exploring new realms.

## **Make Room For What You Love:**

### **Maximize:**

- 1) My connection to having an impact on problems that matter
- 2) Long term planning.
- 3) Confidence in my skills & knowledge, while being accurate

### **Minimize:**

- 1) Distracting minutia
- 2) Past Debt
- 3) Stresses connected to future financial instability

## **Filter By Purpose:**

When deciding if I should change from one job to another, I need to be mindful that “it pays more” will not be fulfilling if it does not feel like I can tackle interesting and challenging problems. I also recognize that while I have a strong connection to the Lindy Hop dance community, I ultimately can contribute more to improving it by improving my financial stability and by not depending on it solely for my intellectual challenges.