



Playbook

PURPOSE

How to best use this playbook

- Print this Playbook and play with it.
- Do the exercises and explore the questions posted in each playbook. You will notice that when you start looking anew and when you explore the unexplored world you will experience a shift that will impact the outcomes you achieve.
- Think about it, but don't overthink it. Just write down your answers intuitively.
- If you missed the Reclaim Your Best Life session that the topic relates to, make sure you watch the recording and any other related videos before you embark on your play.
- Don't go it alone. If you get stuck at any time, ask for support in the Reclaim Your Best Life program Facebook group.
- Come and share your insights, experiences and outcomes with other women in your program in the Reclaim Your Best Life program Facebook group using the hashtag #character. If you want to have a real breakthrough in your play, do a Facebook live to the community!

Enjoy the play!



Living on Purpose

*“True happiness... is not attained through self-gratification,
but through fidelity to a worthy purpose.”*

Hellen Keller

ABOUT PURPOSE & CONTRIBUTION

A clear purpose gives meaning and fulfilment to your work and life. It is expressed by your contribution.

Your purpose is the “Why” behind what you do and how you do it. The greater your purpose is and the more people it impacts, the greater your influence and the attraction you create. Living on purpose provides life with meaning and direction. A purposeful life is forged through daily contribution that can leave a lasting legacy reaching far beyond you, your business and your life.

Expressed often as a sense of mission and captured in your vision for the world—your world— your purpose calls you forth and renders success not only meaningful but also sustainable and ever expanding. Purpose is not discovered but chosen. It requires you to make a fundamental choice on what you want to make your life about - about what you want to live for, or even what you are willing to die for.

Your purpose amplifies everything you do and puts your self-image, actions, relationships, and resources into a larger, deeper and more powerful context.

Your purpose may be a grand idea, yet it is lived daily. The fact is, you are already doing this. You are already contributing something every day. Your purpose provides an opportunity to live a life that matters - for you and for the others that you touch.



Questions to start with

1. If I had unlimited time and resources what would I dedicate my life to?

2. If I knew for certain I would be successful, what would I dedicate my life to?

“We must not, in trying to think about how we can make a big difference, ignore the small daily difference we can make which, over time, add up to big differences that we often cannot foresee.” - Marian Wright Edelman



Exploring your Purpose

1. What do I find meaningful and deeply care to make a difference to?

2. What problem or injustice in the world am I concerned or angry about that I feel compelled to solve or help rectify?

3. What am I called to give my best to?

4. What do I want to make my life about?

5. What legacy do I want to leave?



Reality check

Are you building the legacy you will be proud to leave behind? Y/N

1. What are you contributing now?

2. How does the contribution you are making right now affect your relationships, your family, your community, or even our planet?

If the answers to the questions are unclear for you, or perhaps even a little painful, it may be time for you to reevaluate your purpose, or intentionally create a purpose for yourself that is a true expression of who you are at your deepest level.

*Your purpose comes alive in your everyday contributions.
A worthy purpose transforms ordinary people into extraordinary leaders.*



Stop signs

What prevents you from knowing, articulating and living your purpose?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Where do these reasons, concerns or beliefs come from?
Are they necessarily true?

What would your life look like if you were no longer stopped by these reasons or concerns?

If you believed it was possible and worthwhile, what would you make your mission to achieve or create?

Well done for taking on that deep enquiry! Come and share in the Reclaim Your Best Life Facebook group what you discovered about yourself and your purpose using the hashtag #purpose.