



CHOPRA COACHING

# Purpose Worksheet

Sometimes it's easiest to find your purpose in the actions of others. This worksheet will help you discover the archetypes of people you most admire, identify their superpowers, and then use that as a guide to help you create your own purpose statement.

## PART 1

### Who speaks to your soul?

Make a list of people you admire or that inspire you. Brainstorm as many as possible without editing or judging who shows up in your mind.

These people can be:

- Alive or dead
- Fiction or nonfiction
- Deities, superheroes, pop icons
- Influential or inspiring people in your personal life—like a coach, mentor, teacher, neighbor, friend, or family member

List as many as you can, but ideally, you'll want to have 3-15 people on your list.



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**PART 2**

## Feel any kindred spirits?

Now, look at the list you just created and sit with it for a moment. Who do you feel a connection to? Did any feel like a kindred spirit or share qualities with your true self?



### My top three

When you're ready, choose three that resonate with you most in this moment, and write them down in the spaces provided. Don't overthink this.



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## PART 3

### Examine their essence.

Look at the three people on your list. What are a few primary roles, titles, or names you give these top three inspiring people on your list? This doesn't have to be the name or title that they would call themselves on a business card. This is more about how **you** see them. Consider what word or words you'd use to introduce each of these people at a dinner party.

My top three

Their titles

	➔	
	➔	
	➔	

## PART 4

### What are their special powers?

An archetype's special power is their strength, talent, or winning formula. It's their way of being that made them successful or stand out to you. What unique qualities have made them so impactful? Don't worry about the "right" special power. Choose one that resonates with you.

My top three

Their special powers

	➔	
	➔	
	➔	



**PART 5**

## What's their legacy?

This is the difference someone is making in the world. It's the outcome of fully living in alignment with purpose over their entire lifetime. Reflect on your three people and ask yourself: "What is the impact each of these people have had on others or on the world?" "What do they uniquely contribute?" "What would be missing if they weren't here?" Be more general with the impact.

**My top three**

**Their impact or legacy**





# Purpose Worksheet

**PART 6**

## Try it on.

Study the list you generated. Try on each title, special power, and impact that's on your worksheet. Do any feel like you? Pause, and really sit with the qualia of each of the titles, special powers, and impacts.




Check in with your body for a sense of energy, resonance, or alignment. Look for the feeling of familiarity and ease. Notice themes that are emerging. Don't think too hard. Use your intuition and choose one from each list that feels the most like your purpose and resonates with your soul.

### My title

<b>BOX 1</b>
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### My special power

<b>BOX 2</b>
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### My impact

<b>BOX 3</b>
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**PART 7**

## Your purpose statement

Sit with your statement for a few moments, repeating it to yourself silently like your mantra. Then, speak it out loud and feel it in your heart. If it's resonating with you, then get ready to act on it! If it's not, feel free to modify it.

I am the

BOX 1

who uses

BOX 2

to

BOX 3

### Integration plan

Repeating your purpose statement can bring you immediate joy but purpose in action can solidify your statement into a new way of being, bringing greater joy to the world. What new actions can you take that align more deeply with your purpose statement?