

# The Annual Purpose Checkup™

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

After a certain age, many of us accept the necessity of regular physical checkups. Likewise, we're generally willing to review our financial situation with some regularity.

So, if money and medicine and meaning are all essential to a vital second half of life, we might be wise to take guidance from the financial and medical worlds and adopt the practice of a regular checkup of that third dimension to ensure our spirit, our sense of purpose, remains healthy.

## CHECKUP ON PURPOSE

How many of the following can you answer in the affirmative? For each of your "YES" answers, what can you do to sustain this sense of meaning in the year ahead? For the others, what can you do to find more meaning in the coming months?

Yes    No

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. I WORK AT WHAT I LOVE TO DO?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. MY DAILY CHOICES ARE DRIVEN BY A STRONG SENSE OF PURPOSE?                                |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. THERE IS A CLOSE ALIGNMENT BETWEEN WHAT I SAY ARE MY PRIORITIES AND HOW I SPEND MY TIME? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. I INVEST TIME IN MAKING A DIFFERENCE TO OTHERS OR TO THE WORLD?                          |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. I KNOW WHAT I WANT TO BE REMEMBERED FOR?   |

## PARTNERING ON PURPOSE

Select a Purpose Partner and make an appointment to have a "courageous conversation." Decide, together, which of the five questions you most want to discuss?

# REFLECTIONS ON PURPOSE

There is no easy formula for how to live and work on purpose, but there are powerful questions to assist you. Here are five mind-changing reflections that have brought powerful insights to many people over the years.

## 1. I WORK AT WHAT I LOVE TO DO?

Write the question, “What do you see as my natural gifts?” on five 3 x 5 note cards. Give them to five friends who know you well and ask them to jot their response on the card. Put them all together in a place you can see them. Summarize their insights.

## 2. MY DAILY CHOICES ARE DRIVEN BY A STRONG SENSE OF PURPOSE?

What makes you want to get out of bed in the morning? In what mood do you most often wake up? Do you resist getting up in the morning or do you get up with a sense of energy and purpose? Your answers to these questions give you some distinct clues about your life's purpose.

## 3. THERE IS A CLOSE ALIGNMENT BETWEEN WHAT I SAY ARE MY PRIORITIES AND HOW I SPEND MY TIME?

Take out your calendar and your checkbook (or credit card spending summary). Look over how you're spending two of your most precious currencies—your time and your money. Are you satisfied with your choices? What can you let go of to gain more control over these currencies?

## 4. I INVEST TIME IN MAKING A DIFFERENCE TO OTHERS OR TO THE WORLD?

Take out your calculator and do some “life math.” Multiply your age x 365. Then subtract that number from 28,835, an average life expectancy. Once you get clear that you have a limited number of times to wake up, it might inspire you (or shock you!) to live your priorities, now. If this were your last year, would this be what you want to do? What are your truly essential priorities?

## 5. I KNOW WHAT I WANT TO BE REMEMBERED FOR?

Imagine being on your deathbed, still clear and coherent, when your spouse, partner or friend asks, “Did you live a full and complete life?” “What made it that way for you?” Name the having, doing, being parts of your life that made it a full and complete. Ultimately, what will people recall at your memorial service—what will be your legacy?