

DISCOVERY EXERCISE: 7-Day Purpose Journal

This exercise is designed for you to gather and analyze key data about yourself and your own purpose by focusing on three overlapping areas: **Passion, Talent, and Contribution**.

At the end of each day, take five minutes of quiet, uninterrupted time and respond **ONLY** to the prompt listed and read and meditate on the quote provided. It is important that you stay on the prompt. For example, if the prompt encourages you to “write down what you loved doing” don’t write down reflections such as “I didn’t love doing anything today, here’s why...”

This “thought awareness” is key to beginning to cultivate a purposeful mindset.

DAYS 1-3: Passion

Day 1

Date:

*“Purpose is the place where your deep gladness and the world's deep hunger meet.”
– Frederick Buechner*

Write down what you loved doing today.

Day 2

Date:

“Purpose is the place where your deep gladness and the world's deep hunger meet.” – Frederick Buechner

Write down what you loved doing today.

Day 3

Date:

“Purpose is the place where your deep gladness and the world's deep hunger meet.” – Frederick Buechner

Write down what you loved doing today.

DAYS 4-5: Talent

Day 4

Date:

*“The meaning of life is to find your gift, the purpose of life is to give it away.” –
Pablo Picasso*

Write down what you were good at today.

Day 5

Date:

*“The meaning of life is to find your gift, the purpose of life is to give it away.” –
Pablo Picasso*

Write down what you were good at today.

DAYS 6-7: Contribution

Day 6

Date:

*“Service to others is the rent you pay for your room here on earth.” -
Muhammad Ali*

Write down what you noticed today about the world or your community that should be better. What problems did you notice?

Day 7

Date:

*“Service to others is the rent you pay for your room here on earth. -
Muhammad Ali*

Write down what you noticed today about the world or your community that should be better. What problems did you see?

Analyzing Your Data

Congratulations! Doing something every day for seven days is hard, but this reflection helps to build the muscle of a purposeful mindset.

Now that you have some “data,” go back and carefully read your entries starting with the Passion category.

When you find something that repeats itself in any of the entries for a category, make up a name for it (or a code) like “connecting” or “helping others” and then highlight **EVERY TIME** that code appears in what you wrote in your entries in that category.

Write down all the codes you created below after reading each of your journal sections.

Codes for Passion

(i.e. helping friends, brainstorming)

Codes for Talent

(i.e. giving advice, analyzing numbers)

Codes for Contribution

(i.e. the environment, homelessness)