

Exploring Your Purpose

Brainstorm – What Is My True Purpose

Remember the Japanese concept of Ikigai - 'what you live for' or the 'reason you leap out of bed in the morning'. Take some space to focus on yours:



- Create space and time where you will be uninterrupted and your thoughts can flow.
- Take a large piece of paper and some pens and brainstorm around the question 'What Is My True Purpose?' or you can use the Ikigai image to do a similar thing.
- Write down all the things that come into your head:
 - a. What do you love to do?
 - b. What are you good at?
 - c. What is important to you?
 - d. What do you value about yourself and others?
 - e. What is it about who you are and what you do that is important to others?

Here's an example



(NB - This will be different for everyone, you may have more/ different headings and the content will be entirely personal to you)

- Stop when you have no more to add, put it somewhere where you can see it – look at it every day – update/ add/ delete as needed until it feels right.
- When you are happy that it captures all the main points – see if you can bring it all together in a 'mission' statement. Here's what flowed from the example above.

MY MISSION

Take care of myself so I can connect well with others to help them be the best they can be:

WORK: Grow great leaders who create happy, positive workplaces for all.

THE WORLD: Grow confident, resilient parents, teachers and guides who grow happy, resilient children who can give their best to the world.

FAMILY/FRIENDS: Give love and support to connect and grow together.