



Use this process to uncover your Life's Purpose. Give yourself 1 week for every step in the process that follows, take your time, and think deeply about each one. Enjoy the journey and good luck!



Mark E. Green

STEP 1

Take eight sheets of paper. At the top of each sheet, write one of the following eight categories:

- Mental/Learning
- Social
- Physical
- Financial (material)
- Family
- Business/Career
- Spiritual
- Other (for items that do not cleanly fit in one of the categories above)

For each category, ask yourself “What do I want?” List *everything* you can possibly think of for each category — things big, small, long term, short term, tangible, intangible, realistic, unrealistic, et cetera. Do *not* list the same item in more than one category.

Alternate listing your entries at the top and bottom of each page so that they eventually meet in the middle.

STEP 2

Hold a forced-choice “competition” within each category and then the “finals” among the winners for each category (picture the seeding of teams or players in a tournament, where winners advance to the next round).

1. Run eight competitions by category. Your #1 vs #2 wants, #3 vs #4 wants etc. You *must* eliminate a want in each round in favor of the want you “want” more. Start at the top of each page and work your way down (do not alternate top/bottom for this). Determine your #1 want — the “winner” — in each category.
2. Take your eight #1 wants and list them in alphabetical order by category — Career → Spiritual.
3. Run a “finals” competition among the categories to determine your #1 overall want.



STEP 3

Build your ideal “on purpose” day.

1. List the same eight categories on the left side of a sheet of paper.
2. Write down the number of hours you would like to be awake on an imaginary ideal day (this is typically twelve to eighteen hours, depending on the individual). Think about the rest of this step in terms of crafting a time budget for your ideal day, using this number of hours as the total available to you.
3. Allocate your awake time on your ideal day to each of the 8 categories. For example, how many total hours do you want to allocate to the Social category? How many to the Career category? Etc. Remember, you are budgeting for an *ideal* day, not a typical day — however you choose to define it.
4. At the top of a second sheet of paper, write “My Ideal On Purpose Day.” Along the left side, write down your ideal day wake up time at the top and your bed time at the bottom (this should equal your awake time total), then fill in the middle with 30 minute increments — so the page looks like a day planner.
5. Allocate your category time budgets from the other sheet into your day. For example, if you wake up at 7:00 am, you might have the block from 7:00 to 8:00 am say Physical. Maybe the next block from 8:00 to 10:00 am is Mental/Learning. And so on until you fully allocate your time budget by category into the day planner format.
6. Now swap the category names for your top want in each category. For example, if your top want in the Physical category is to “Live to 100,” then the time block from 7:00 to 8:00 am should now read “Live to 100.” This might seem a bit odd to you at first, but it begins to imply that you should be spending that hour working toward your ultimate desire, whatever it may be.
7. Compare your ideal “on purpose” day to a typical one. Consider the differences and why they exist.

STEP 4

Draft your Life’s Purpose Statement.

1. Consider your eight most important wants. If you had trouble winnowing the list down to just eight, you can also evaluate the runners-up, those that “lost” in the last round of competition (making sixteen items in total).
2. Taking into account your top wants, create a Life’s Purpose Statement using the following format:

“I exist to serve by _____ ing _____.”

EXAMPLE

“I exist to serve by **unlocking human potential.**”

3. Try your purpose statement on for size during the week. Set aside specific times each day — say, 10:00 am, 2:00 pm, and 8:00 pm — to pause and ask yourself, “Am I *on* purpose or *off* purpose?”

If you’re *on purpose* — How does that feel? Why?

If you’re *off purpose* — How does that feel? Why?

Continue to work this step until your purpose statement resonates deeply. One common sign that you’re on the right track is getting goosebumps when you speak your Life’s Purpose Statement out loud.

Good luck and here’s to a purposeful life!

