What Makes a Fulfilling Life?

Use short phrases. Share only what you choose.

01 Recall a meaningful moment

3 min

Think of a moment when life felt worthwhile. What were you doing, and why did it matter?

Two strengths I used (e.g. listening, teaching)

02 Choose your core values

3 min

Choose five values below or add your own. Which would guide a tough choice? Put it first.

Health · Family · Freedom · Learning · Integrity · Creativity · Service · Security · Inner peace
Love · Honesty · Respect · Kindness · Courage · Responsibility · Gratitude
Wealth · Community · Spirituality · Happiness · Contribution · Growth

1. 2. 3.

4. 5.

03 Set one priority

3 min

Which area needs attention in the next 90 days? What change could you test and learn from?

Life area (e.g. relationships)

One change I want to test

04 Draft your Definite Major Purpose

5 min

Use one strength and your key core value. Let your 90-day priority guide you.

My purpose is to use [strength] to [make a specific change] for [who or what benefits], while honoring [key core value].

Read it back. Would living this way make your life feel more worthwhile?

05 Start a small practice

2 min

Choose one small action you can repeat. Set a day and time to begin within seven days.

First action I will take

Day and time

Words to Take With You

Reflections on purpose, action and contribution.

Purpose and self-discovery

"Definiteness of purpose is the starting point of all achievement."

Napoleon Hill

"The things that bring you the greatest joy are in alignment with your purpose."

Jack Canfield

"Intentional living is the bridge that will lead you to a life that matters."

John C. Maxwell

Action and practice

"The more you write and rewrite your goals and the more you think about them, the clearer you will become about them."

Brian Tracy

"Success is nothing more than a few simple disciplines, practiced every day."

Jim Rohn

"You learn by doing, and by falling over"

Richard Branson

Service and leadership

"The secret to living is giving"

Tony Robbins

"Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others."

Jack Welch

"I am asking you to become a global citizen with a passion for compassionate leadership."

Ban Ki-moon

"Conceive the vision. Decide the path. Keep the momentum.
Return inward. Act with integrity. Justify power daily.
Serve something greater than yourself."

Aung Naing Oo