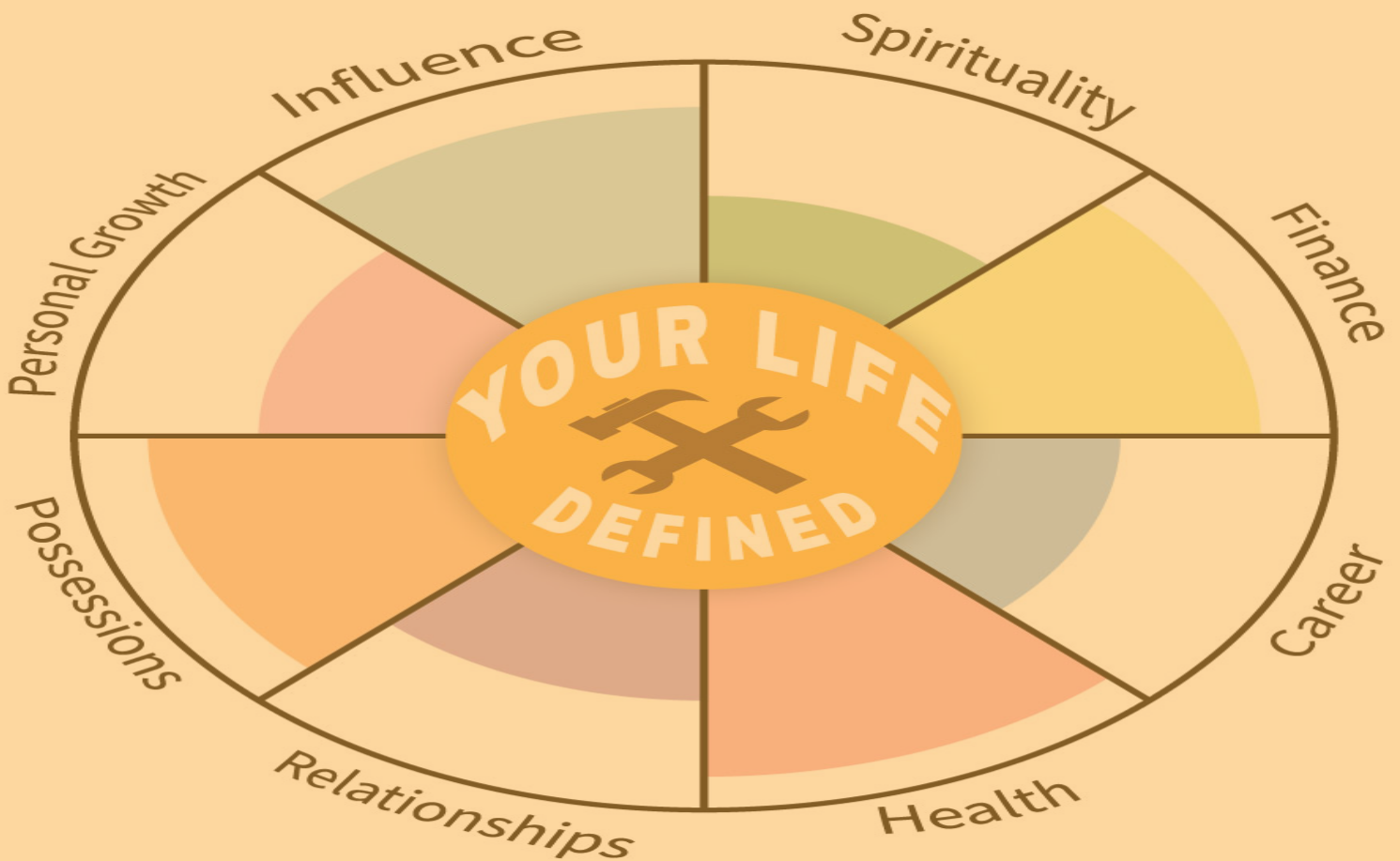


# Life Purpose Matrix

## FRAMEWORK

*A tool to identify, embrace and live your life's purpose.*





## WELCOME TO THE LIFE PURPOSE MATRIX

This Life Purpose Matrix is the tool you need to determine what your life goals are. Our Life goals are the foundation of the life we live and the value we attach to the choices we make and the actions we take.

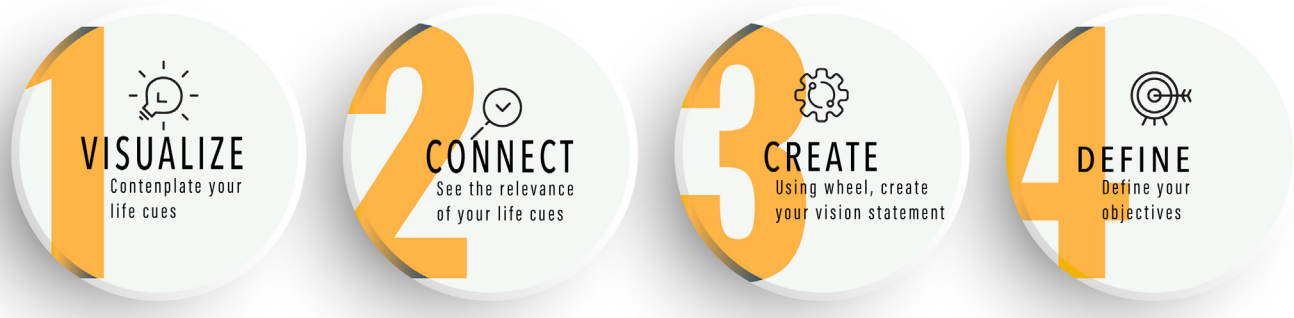
We all eventually get to the question, what's my purpose in life? If you are reading this, then you've arrived at the point in your life where you want an answer to the question.

With this life purpose matrix, the answer is more than possible. Using the suggested guidelines, you will identify:

- What's important to you in life
- Decision that will impact your life
- Goals that will impact your life
- A sense of direction



Each of us has a unique life purpose. What you see as your path will differ from others. To identify your unique path, it will require reflection. Connecting with your inner self is the key to using this matrix successfully.



**There are four components to the matrix.** The first involves **visualizing** then identifying your options in life using the examples given as a catalyst to think about your own unique options in life.

You will notice that there are eight options. In the example given. The purpose is to allow you to only choose what's important to you. To not generalize or include other choices that are secondary or may not be as important.

Eight is the magic number only to keep you choices small and relevant. However, if you need to expand the list, feel free to do so, just add another color, and adjust the wheel in the next step to reflect you additions.

The second component is to **connect** what you've visualized. Use the life cues you've listed, beging to enter them on the blank wheel. Please see the sample wheel for guidance on placing each life cues on the wheel.

The third step is **create**. In this step you will use the life purpose wheel to write you personal vision statement. See below for tips to utilize.

The fourth and final step is to **define**. In this step, you are going to use your personal vision statement to acknowledge where you are not with the life cues you've indicated and what your goals are to get to where you would like to be.



## VISUALIZE

There are eight examples below. Feel free to create your own example in the blank chart that follows. The goal is to identify key areas of your life (life cues) that's considered relevant. Whether it's the public and private relationships you nurture, your family or personal growth. Reflect on which areas you see as being a part of your purpose.

1

**RELATIONSHIPS**

Family, friendships, etc

2

**INFLUENCE**

Public relations

3

**HEALTH**

Physical, Mental

4

**CAREER**

5

**FINANCE**

6

**PERSONAL GROWTH**

Love, Happiness

7

**SPIRITUALITY**

8

**POSSESSIONS**

Money, Physical Items



## IDENTIFY YOUR PERSONAL LIFE-CUES

Use this section and the sample provided above to identify the areas in your life (Life Cues) that are important to you.

1

5

2

6

3

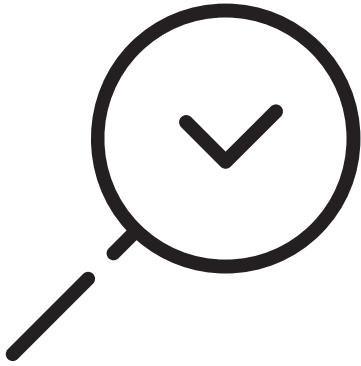
7

4

8

## THE NEXT STEP

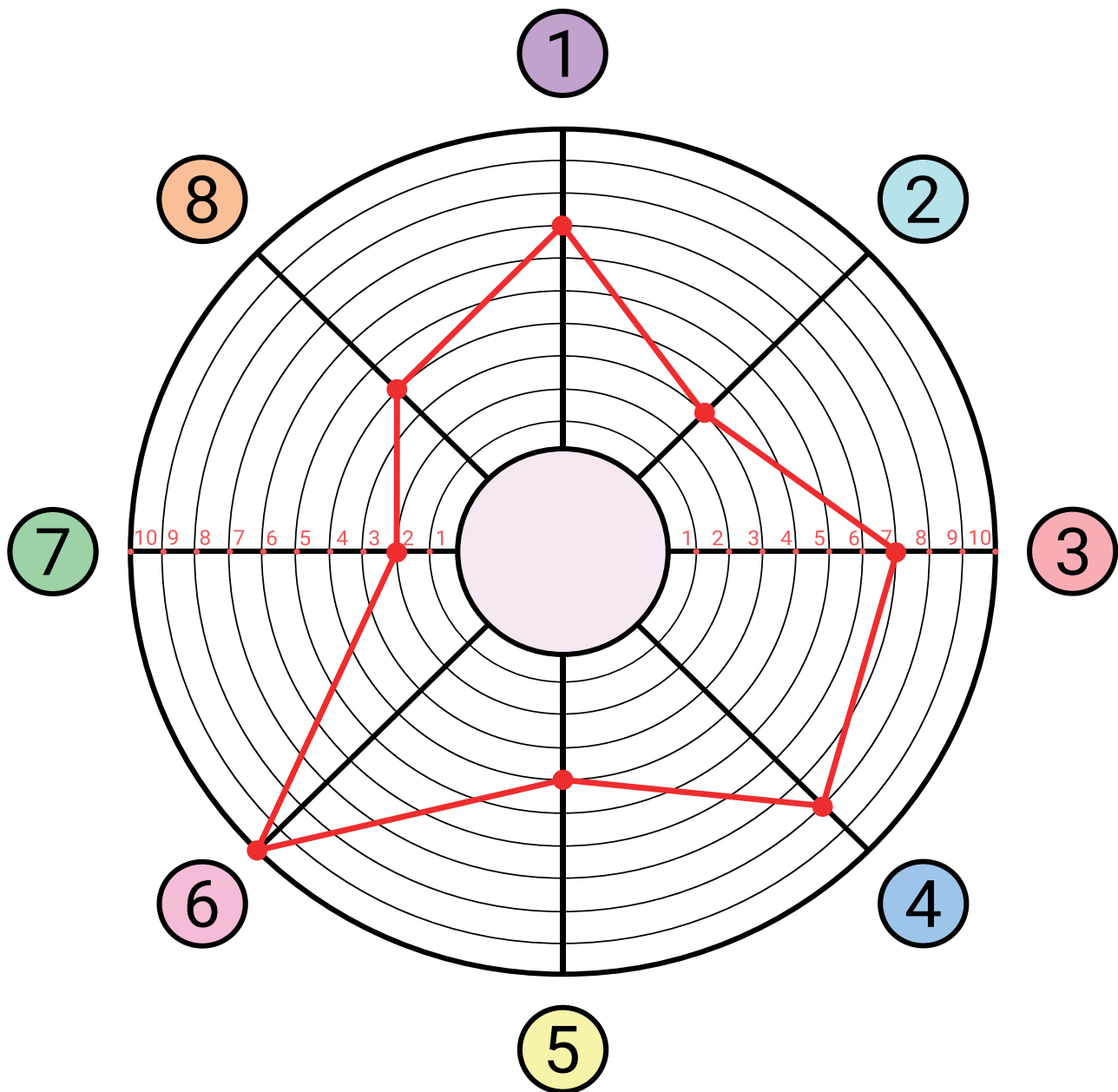
Once you've identify eight area you feel is relevant to living your life purpose, it's time to move to the next step. Connection using the life wheel.

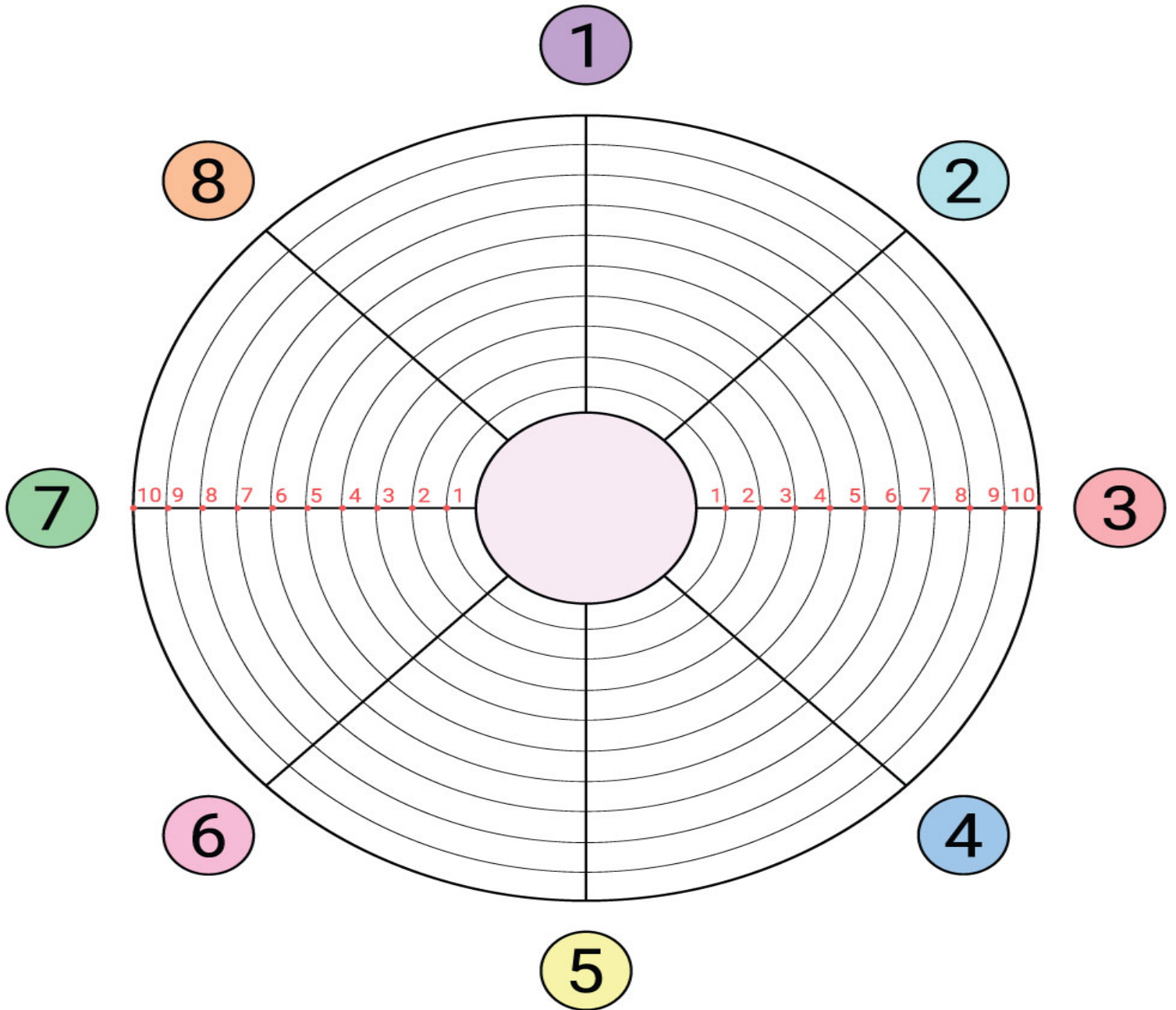


## CONNECT

Rate each area on a scale of 1-10 and mark it on the wheel. Use these points to build a circular graph as indicated in the sample below.

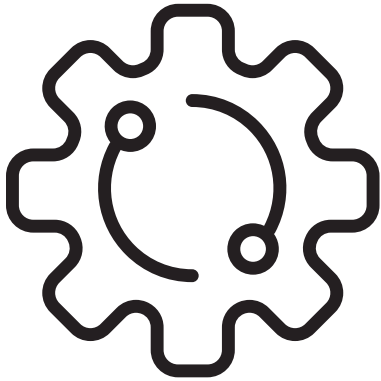
Once completed, the wheel will show which area is more important as indicated in the sample below. Use this result to write your personal vision statement.







## CREATE



Use your personalized Life Purpose Wheel to write your personal vision plan. Remember, creating your vision takes time. Time to reflect and think about your life. This Matrix's sole purpose is to help you with that process.

Also, keep in mind your personal vision statement is a guardrail that guides you through your life. From how you spend your time to who you interact with others. In the end, your personal vision will help you achieve your short- and long-term goals.

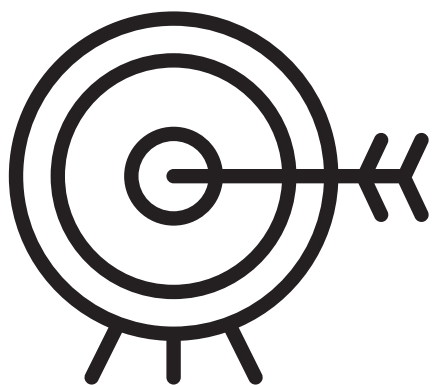
Don't rush through this third step. Think clearly, decide wisely, you are creating a roadmap for your life.

### TIPS TO CREATE A PERSONAL VISION STATEMENT

- Know that there are no right or wrong answers
- Start your statement with "I" or "My"
- Remember that your personal vision statement is about you, no one else.
- Keep it short. It should be as short as a sentence and as long as a paragraph.
- Easily understood and recitable
- Reflect your values
- It should have a future component, which would be your long-term goals
- As well, it should include your short-term goals
- Not tied to any obstacles you view standing in the way



## MY PERSONAL VISION STATEMENT



## DEFINE

The fourth and final step is to define the steps you are going to take to achieve your personal vision statement.

Acknowledge where you are now with the life-cues you've shared and what your goals are to get the results you want.

This last section has multiple benefits. It can be the beginning process of cultivating your goals towards meeting your life objectives.

It is also serving as a challenge towards achieving what you've identified as important factors in your life.

Want to take part in a challenge with one of your life goals? Perhaps our Selective Goal Challenge can make it happen. You can prepare for the challenge here by confirming your commitment and willingness to make it happen.





## DEFINE

Write a brief explanation of the step here, then move to the corresponding number on the next page to expand on your goal for each.

NOW

GOAL

1

1

2

2

3

3

4

4

5

5

6

6

7

7

8

8



## DEFINE

Expand on the goals you outline above

1

2

3

4



## DEFINE

Expand on the goals you outline above

5

6

7

8



## SAMPLE VISION STATEMENT

### EXAMPLE 1

*My vision is to constantly break barriers, achieve my goals, and be an inspiration to others by showing that regardless of life circumstances, it is possible.*

### EXAMPLE 2

*My life's work has a greater purpose beyond my own material needs. I identify a problem in my community and take responsibility for contributing to its solution. My purpose is to serve others in a way that best matches my skills and values, and I am committed to making choices in my personal and professional life that furthers that purpose. [from liveboldandbloom.com]*

### EXAMPLE 3

*My vital role in the lives of my children automatically means that I have a great purpose in life. Instead of dreaming about the world seeing my value, I strive every day to be the hero of my family. My job as a parent is to mindfully raise my children in an environment of acceptance, love, and affirmation. [from:liveboldandbloom.com]*



## SD TOOLBOX

Expand on your efforts to live your life on purpose. This can happen when you pursue and achieve your goals. Take the next step and register to get free access to the Self-Development toolbox. Click [here](#) to register.



**TIP:** Use SD Toolbox as a resource for getting the information you need to achieve your goals.

Remember SD Toolbox will offer resources for every aspect of your life.

## SELECTIVE GOAL CHALLENGE

Take your efforts one step further. Use our Prepare Tool to measure your willingness to achieve your goals. Keep going after the challenge for growth and achievement. Click [here](#) to join.



**TIP:** Use The Selective Goal Challenge to jumpstart your efforts. The challenge is based on your goals and you are rewarded by us when you make your first achievement.



## A Message For You

I hope this Life Purpose Matrix has guided you towards creating the life you want. That with this tool, you can define and focus on your values and the things in life that are important to you.

This matrix is just one tool available through Fullrliving to help you create the life you want. Do you need additional motivation, support? What about a method to see results with the goal or goals you aspire to achieve? You can find it here.

Whether you are on the fence or fully committed. If you do the work, you will see results. Your starting-point is here.

You received this free tool because you listen to the Evolving Life podcast, or if it came to you another way. It doesn't matter how, only that you are here. Continue your journey by visiting our Life Tools page to view the additional tools you can use.

Welcome to our community.

Merlene

Life Coach, Author, Blogger