

# Life Purpose Assessment – What Do You Want?

## Section A – Instructions

### Introduction

What do you want? This is a simple question, and the answers to it provide the foundation for our lives and for any work with a personal coach.

This is a simple, powerful exercise designed to help you get in touch with what your personal answers to this question. It is designed to **take between one and two hours** to complete, and consists of five simple steps.

I encourage you to set aside a dedicated block of up to two hours of time, where you can really sit with yourself, and get in touch with your inner wisdom. Ideally, start by doing any rituals you have to help center yourself – reading something inspiring, taking deep breaths, a short meditation – whatever works for you to help you bring all of who you are to this exercise.

Your investment will likely pay off many times over. Getting in touch with what you really want, and then consistently aligning how you choose to invest your time and energy so that it matches your priorities, is one of the most foundational – and often overlooked – keys to success and happiness in life. In addition to the value you will receive in getting in touch with what you most want, there are many hidden levels of depth to this exercise, which you will learn about after you complete it.

Enjoy!

### Preparation

This document consists of three parts.

- 1) Section A – These instructions
- 2) Section B – What do I want cards
- 3) Section C – What don't I want cards

To prepare for the exercise, do the following.

- 1) Print out this document
- 2) Cut along the lines for each of the pages in Section B, to create 30 cards
- 3) Cut along the lines for each of the pages in Section C, to create 20 cards

You are ready to go!

## Exercise Part 1 – What Do You Want?

In this section, you will be prioritizing your answers to the question, *What Do I Want?* In the cards from Section B, there are 30 labeled cards with some of the most popular answers people have for this question. These are not intended to be an exhaustive list, but an initial set, to help you learn more about yourself, and your purpose.

Notice, this is NOT the "*What Should I Want*" exercise! This is about your most heartfelt desires. This is about what will make you feel fulfilled and happy if you look back ten years from now, or at the end of your life, and tally up how you have lived your life. Instead of thinking about what other people have told you that you **should** want, really think: *What Do I Want?*

**Objective:** The goal of this part of the exercise is to create a pile of 30 cards that are sorted according to their important to you.

**Step 1:** Read through the items on the 30 cards from section B.

**Step 2:** Sort the 30 cards in to 5 piles, based on priority – *top priority, high priority, medium priority, low priority, and no priority.*

**Step 3:** Now, starting with the *top priority* pile, take the first two cards in the pile, and ask yourself which of these two items is most important to you right now – if you had to pick just one or the other, which would it be? Put the higher priority one on top of the lower priority one. Great! You've created a stack of two prioritized cards. Your goal now is to prioritize and add in the rest of the top priority cards. Take the third card, and compare it to the first. If it is more important, put it on top. If not, keep comparing it with each card in the stack, until you find its place in the stack. Your rank ordering does not have to be perfect – if some items really feel equally important to you, flip a coin.

**Step 4:** Repeat this process with each of the other four piles, and then combine the five stack-ordered piles in to one big prioritized stack, with the *top priority* pile on top, and the *no priority* pile on the bottom.

**Step 5:** In the upper right corner, in the box labeled "I Want", write down the rank order of each card. For the top, most important card in your pile, write the number 1. For the bottom card in your pile, you will write down 30.

## Exercise Part 2 – What Don't You Want?

Congratulations! You've completed a major step!

In this section, you will be exploring another important topic, understanding what you **Don't** want. This section is almost identical to the previous part, except you will be using the cards from Section C, and you will be prioritizing your answers to the question *What Don't I Want?*

**Objective:** The goal of this part of the exercise is to create a pile of 20 cards that are sorted according to their important to you – in terms of NOT experiencing or having the item in your life.

**Step 1:** Read through the items on the 20 cards from section C.

**Step 2:** Sort the 20 cards in to 5 piles, based on priority – *top priority, high priority, medium priority, low priority, and no priority.*

**Step 3:** Now, starting with the *top priority* pile, take the first two cards in the pile, and ask yourself which of these two items is most important for you not to have right now – if you had to pick just one or the other **to avoid**, which would it be? Put the higher priority one on top of the lower priority one. Great! You've created a stack of two prioritized cards. Your goal now is to prioritize and add in the rest of the top priority cards. Take the third card, and compare it to the first. If it is more important, put it on top. If not, keep comparing it with each card in the stack, until you find its place in the stack. Your rank ordering does not have to be perfect – if some items really feel equally important to you, flip a coin.

**Step 4:** Repeat this process with each of the other four piles, and then combine the five stack-ordered piles in to one big prioritized stack, with the *top priority* pile on top, and the *no priority* pile on the bottom.

**Step 5:** In the upper right corner, in the box labeled "Don't Want", write down the rank order of each card. For the top, most important card in your pile, write the number 1. For the bottom card in your pile, you will write down 30.

### **Exercise Part 3 – Combining the Piles**

Fantastic! You have now finished what are typically the hardest and most time consuming parts of this exercise.

This part of the exercise is designed to help you bring awareness to your relative ranking of the two piles you have created. You will be taking the two piles, and combining them in to a single joint pile which ranks how important all of these items – what you want and what you don't want – are to you. Because you have already sorted each of the two piles, this will likely go very quickly.

**Step 1:** Place each of the two piles from the previous two parts in front of you. Read the top item on each pile, and decide which, of those two, is the most important to you. For example, if your top items were "New Car" and "Not Getting Maimed", you would select the one that is more important to you – to get a new car, or not to be maimed.

**Step 3:** Take this card and place it face down in a third pile, as your combined top priority item. By placing it face down, it will still be on top when you look at the combined pile.

**Step 4:** Repeat this process until you don't have any more cards left in the first two piles, and you have created a single unified pile, which rank orders both what you do want and what you don't want.

**Step 5:** In the lower right corner, in the box labeled "Combined Rank", write down the rank order of each card in the combined pile. For the top, most important card in your pile, write the number 1. For the bottom card in your pile, you will write down 50.

## **Exercise Part 4 – Investments of Time and Energy**

All right! You're almost done! We've saved the fastest parts for last.

In this part of the exercise, you will be evaluating how much time and energy you are investing on each of these areas – both in getting what you do want, and avoiding what you don't want.

To do this, you are going to take the existing pile you have, and separate it in to five new piles, according to how much time, energy, and attention you are currently investing in each item.

***IMPORTANT NOTE:** For the items you **do** want, we are only interested in the **positive investments** you are making. Don't include time and energy spent in unproductive worry, negativity, or self-judgments. However, for the items you **don't** want, include **both positive and negative investments** you spend on it, whether this time and energy seems productive or not.*

**Pile 5: Extremely Engaging.** This pile contains items that are your current top priorities, that you spend most of your time and energy on, or that you spend the most time thinking about. If it feels like an item really controls you on a **near constant** basis, put it here. If an item fills your thoughts every day, put it here. If you spend at least 40 hours a week on it, put it here. If it is a *don't want* item, and you worry about it all the time, put it here.

**Pile 4: Highly Engaging.** This pile contains items that are your important priorities, that you spend a lot of time and energy on every week, or that **frequently** occupy your thoughts. If it is a *don't want* item that frequently trigger your fears and worries, put it here.

**Pile 3: Moderately Engaging.** This pile contains items that are your third level priorities, that you spend at least some time and energy on every week, or that at least cross your thoughts most days. If it is a *don't want* item that **regularly** triggers your fears and worries, put it here.

**Pile 2: Lightly Engaging.** This pile contains items that form your "Someday Maybe" priority list, that you invest time and energy on from time to time, or that cross your thoughts **occasionally**. If it is a *don't want* item that occasionally triggers your fears and worries, put it here.

**Pile 1: Not Engaging.** This pile contains items that don't actively concern you right now, that you don't invest time and energy in, or that you don't really think about. If it is a *don't want* item, it also doesn't trigger your fears or worries.

**Step 1:** Shuffle all the cards in your combined pile. Mix them up well!

**Step 2:** Take each card, and sort it in to one of five piles, according to the description above. Again, this is not about what you should be spending your time and energy on, it is an honest and accurate an assessment of where you presently are at in your life.

**IMPORTANT NOTE:** *For the following step, please make sure you label the cards that are **highly engaging as 5**, and those that are **not engaging as 1**. People have regularly confused these two in the past.*

**Step 3:** In the lower left corner of each card, in the box labeled "Current Investment", write down the pile number (1-5) for that card. Again – 5 is highly engaged, and 1 is not engaged.

## Exercise Part 5 – How Satisfied Are You?

All right! Last part!

In this part of the exercise, you will be evaluating how satisfied you are with each item. If it is something you do want to have, experience, or accomplish, how much do you think you have it, how much do you feel you experience it, or how much do you evaluate you have accomplished it? If it is something you don't want to have or experience, how well do you feel you are successfully avoiding it right now?

Like the last part of the exercise, you will again be sorting the cards in to five piles. This time, you will be sorting them (just one last time!) according to how satisfied you are with each.

**Pile 5: Highly Satisfied.** This pile contains items that you are highly satisfied with, so much so that they may not even cross your mind. If you tend to take it for granted, put it here. If you are delighted with it, put it here. If you feel you have completely obtained or accomplished something you want, are very happy with your level of experience of something you want, or are highly satisfied with your avoidance of something you don't want, put it here.

**Pile 4: Satisfied.** This pile contains items that you are actively satisfied with, but which you could be more satisfied about.

**Pile 3: Neutral.** This pile contains items that you are pretty neutral about. You don't feel that you have experienced, accomplished, acquired or avoided this item to a level you are happy with, but you also aren't actively unhappy or dissatisfied about it.

**Pile 2: Dissatisfied.** This pile contains items that you are actively dissatisfied with. If the item is something you want, you clearly want more of it, and will not be fully satisfied until you have it. If it is something you don't want, you clearly want to have less of it.

**Pile 1: Highly Dissatisfied.** This pile contains items that you are highly dissatisfied with, that are seriously keeping you from being happy with your life.

**Step 1:** Shuffle all the cards in your combined pile. Mix them up well!

**Step 2:** Take each card, and sort it in to one of five piles, according to the description above. Again, this is not about how satisfied you should be with each item, it is an honest and accurate an assessment of where you presently are at in your life.

***IMPORTANT NOTE:** For the following step, please make sure you label the cards that are **highly satisfied as 5**, and those that are **not satisfied as 1**. People have regularly confused these two in the past.*

**Step 3:** In the upper left corner of each card, in the box labeled "Current Satisfaction", write down the pile number (1-5) for each card.

## **Conclusion: Report Your Results!**

Congratulations! You are done with the exercise!

As one final step, please fill out the following pages with the numbers you wrote down on your cards. Please note that the upper left hand corner of each card holds the card's number, so by entering all four numbers on each card (plus the names you filled out on the blank cards) you can enter all of this information in any order, without having to sort them again, or type in the names of each card.

Save the resulting file, and email it back to me at [brian@corecoaching.org](mailto:brian@corecoaching.org)! I will then send you a computerized report of your results.

Namaste,

Brian

# Results

Circled Card Number	Upper Left "Current Satisfaction"	Upper Right "I Want" or "Don't Want"	Lower Right "Combined Rank"	Lower Left "Current Investment"

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# SECTION B

## WHAT DO I WANT?

### CARDS

Current Satisfaction

1

I Want

Learning

Current Investment

Combined Rank

Current Satisfaction

2

I Want

Children

Current Investment

Combined Rank

Current Satisfaction

3

I Want

Sex

Current Investment

Combined Rank

Current Satisfaction

4

I Want

Physical Security

Current Investment

Combined Rank

Current Satisfaction

5

I Want

Joy

Current Investment

Combined Rank

Current Satisfaction

6

I Want

Exercise

Current Investment

Combined Rank

Current Satisfaction

7

I Want

Marriage

Current Investment

Combined Rank

Current Satisfaction

8

I Want

Enlightenment

Current Investment

Combined Rank

Current Satisfaction

9

I Want

Health

Current Investment

Combined Rank

Current Satisfaction

10

I Want

Fame

Current Investment

Combined Rank

Current Satisfaction

11

I Want

### Creativity

Current Investment

Combined Rank

Current Satisfaction

12

I Want

### Freedom

Current Investment

Combined Rank

Current Satisfaction

13

I Want

### Loving Friends and Family

Current Investment

Combined Rank

Current Satisfaction

14

I Want

### Fun

Current Investment

Combined Rank

Current Satisfaction

15

I Want

### Travel

Current Investment

Combined Rank

Current Satisfaction

16

I Want

### Making a Difference

Current Investment

Combined Rank

Current Satisfaction

17

I Want

### Spiritual Connection

Current Investment

Combined Rank

Current Satisfaction

18

I Want

### Serving Others

Current Investment

Combined Rank

Current Satisfaction

19

I Want

### Personal and Spiritual Growth

Current Investment

Combined Rank

Current Satisfaction

20

I Want

### Loving Community

Current Investment

Combined Rank

Current Satisfaction

21

I Want

### Inner Peace

Current Investment

Combined Rank

Current Satisfaction

22

I Want

### Pleasure

Current Investment

Combined Rank

Current Satisfaction

23

I Want

### Winning and Accomplishing

Current Investment

Combined Rank

Current Satisfaction

24

I Want

### Social Acceptance

Current Investment

Combined Rank

Current Satisfaction

25

I Want

### Success At Work

Current Investment

Combined Rank

Current Satisfaction

26

I Want

### Integrity

Current Investment

Combined Rank

Current Satisfaction

27

I Want

### Physical Appearance

Current Investment

Combined Rank

Current Satisfaction

28

I Want

### Money

Current Investment

Combined Rank

Current Satisfaction

29

I Want

### Self-Love

Current Investment

Combined Rank

Current Satisfaction

30

I Want

### Romantic Love

Current Investment

Combined Rank

# SECTION C

WHAT DON'T I WANT?

CARDS

Current Satisfaction

31

Don't Want

Not being broke and hungry

Current Investment

Combined Rank

Current Satisfaction

32

Don't Want

Not damaging your child

Current Investment

Combined Rank

Current Satisfaction

33

Don't Want

Not being taken advantage of

Current Investment

Combined Rank

Current Satisfaction

34

Don't Want

Not betraying someone you love

Current Investment

Combined Rank

Current Satisfaction

35

Don't Want

Not dying

Current Investment

Combined Rank

Current Satisfaction

36

Don't Want

Not losing your mind

Current Investment

Combined Rank

Current Satisfaction

37

Don't Want

Not feeling stuck in despair

Current Investment

Combined Rank

Current Satisfaction

38

Don't Want

Not violating your true self

Current Investment

Combined Rank

Current Satisfaction

39

Don't Want

Not getting cancer or a major illness

Current Investment

Combined Rank

Current Satisfaction

40

Don't Want

Not feeling unworthy

Current Investment

Combined Rank

Current Satisfaction

41

Don't Want

Not losing an immediate family member

Current Investment

Combined Rank

Current Satisfaction

42

Don't Want

Not experiencing physical violence

Current Investment

Combined Rank

Current Satisfaction

43

Don't Want

Not failing

Current Investment

Combined Rank

Current Satisfaction

44

Don't Want

Not being rejected by your closest friends

Current Investment

Combined Rank

Current Satisfaction

45

Don't Want

Not spiraling out of control

Current Investment

Combined Rank

Current Satisfaction

46

Don't Want

Not losing your vision or hearing

Current Investment

Combined Rank

Current Satisfaction

47

Don't Want

Not losing control over your time

Current Investment

Combined Rank

Current Satisfaction

48

Don't Want

Not experiencing physical pain

Current Investment

Combined Rank

Current Satisfaction

49

Don't Want

Not feeling you haven't fulfilled your potential

Current Investment

Combined Rank

Current Satisfaction

50

Don't Want

Not being abandoned by someone you most love

Current Investment

Combined Rank