

Living on Purpose

“There is a place deep inside of you that is yearning to believe that you were born for something.”

Richard Leider~

 **TIFFANY
MATTICK**
THERE SHE GROWS

What is Purpose?

- **Purpose = what you are meant to do and be.**
 - The passion and talent we have gives meaning to our days and drives us to share the best of ourselves with the world.
 - Purpose is the recognition of loyalty in life. Purpose defines our legacy. It may find expression through family, community, relationship, work, and spiritual activities. We receive from life what we are loyal to.
 - Your life purpose is different from your job, title, or different roles in life.
 - Instead, it is the essence of what you are doing in all of these roles.
 - Sources: The Power of Purpose (Richard Leider), Develop Good Habits, and Happiness
- **Why does purpose matter?**
 - People with purpose are less prone to disease and live longer.
 - Purpose is often revisited during major life changes, transitions, or crises.
 - 84% of those that reported they had a life purpose said they were living a good life.
 - Purpose gives us a lens to create life.
 - Purpose allows us to live into the legacy of what we want to leave. What do you want people to say about you when you are gone?

“You must stop and reassess your priorities. You must be willing to be yourself, not what people want you to be because you think that is the only way you can get love. You can no longer be dishonest. You are now at a point where if you truly want to live a life you have to be who you really are.”

Carl Simonton~

Journal Prompts

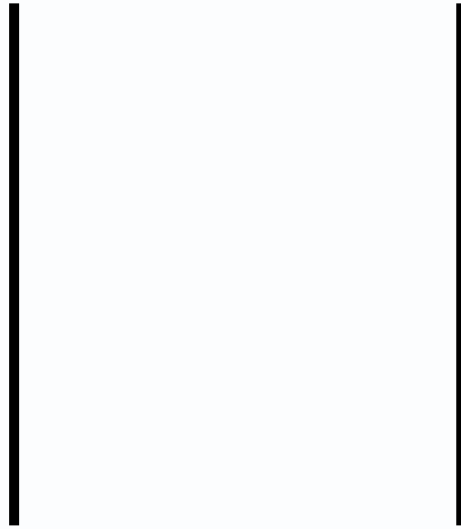
What do other people consistently come to you for? These are your gifts.

What are your passions? What can't you stop thinking about? What are you interested about?

What are your top 5-10 values?

Purpose Formula

Gifts + Passion + Values



= Purpose

"I tried for so long to belong, to be as they needed me to be... now I wish to be myself."

Sue Monk Kidd~

Reflect

What do you notice when you put your Gifts + Passion + Values together? What do you think this combination is trying to tell you? Is there anything missing? What is your calling?

“Never give up on anything you can’t go a day without thinking about.”

Winston Churchill~

Notes

Resources

- Richard Leider - The Power of Purpose
- <https://on-purpose.com/>

Sources

<https://www.winona.edu/resilience/Media/Questions-for-Purpose-Worksheet.pdf>

<http://thinksimplenow.com/happiness/life-on-purpose-15-questions-to-discover-your-personal-mission/>

<https://www.happify.com/hd/5-questions-to-help-you-find-your-purpose/>

<https://blog.iqmatrix.com/life-purpose>



TIFFANY MATTICK

INSPIRING SPEAKER | GROWTH COACH | THOUGHT LEADER

WHAT I DO

PERSONAL GROWTH COACH AND SPEAKER INSPIRING LEADERS THROUGH UNFORGETTABLE WORKSHOPS AND LIFE-CHANGING CONNECTIONS THAT PROVIDE THE CATALYST TO HELP LEADERS SHINE THEIR LIGHT ON THE WORLD, AND UNLEASH THEIR POTENTIAL.

A THOUGHT LEADER FULL OF INSIGHT, COMMITMENT TO INNOVATIVE THINKING, AND PASSION FOR HELPING OTHERS TAKE INSPIRED ACTION.

HOW I SERVE

- SPEAKING AT LEADERSHIP MEETINGS, EVENTS, CONFERENCES
- DELIVERING CUSTOM PERSONAL GROWTH AND DEVELOPMENT WORKSHOP EXPERIENCES
- COACHING

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TOPICS

Living and Leading with Inspiration and Authenticity



Be Her Now
(a workshop series to elevate women)



At Your Best:
A workshop about managing well-being, balance and energy.



The Growth Experience™
(a career growth and transformation program)

Tiffany is an amazing coach and speaker, and so much fun! I would recommend her for any group that is looking for great energy and real, actionable results. She is kind, funny, and has a passion for leadership and growth! I always feel like I'm leaning into my best self when I have been around her. You will not be disappointed! ~Melissa