

TEACHING GUIDE

Know your power.

PURPOSE & MEANING

THIS IS DEEP

This is a lot to do. Great when you "rush" it a little. Especially, if you plan to go back and add, discuss, develop.

OBJECTIVES

This is a 3-part lesson that has a number layers

1. DUMP short, quick answers to 8 questions
2. REDUCE to 3 key words
3. DEVELOP a purpose statement that summarizes
4. APPLY purpose to a goal, through a fear, for a cause
5. BONUS: IDENTIFY any actions moving you away from your purpose.

INSPIRE QUICK REFLECTION

Use these categories to bundle questions that ignite brainstorming.

- What drives me?
- What is my purpose?
- How can I make connections so my purpose will power me?

what drives me?

PASSION — LOOKING IN

1. What do you like?
2. What do you love?
3. What matters most to you?

IMPACT — LOOKING FROM INSIDE OUT

4. What do you value?
5. Where do you add value?
6. How do you add value?

EXISTENCE — LOOKING FROM OUTSIDE IN

7. What do you want to be known for?
8. What do you stand for?

FAST & FURIOUS

Get as many words in here as possible - if the same word comes up twice, write it down again (and again).

MAJOR MEANING

Pick 3 words that are biggest drivers of feeling.

1 _____

2 _____

3 _____

PURPOSE STATEMENT

Use highlighted words to develop a short statement of purpose that is honest and true.

What is my purpose?

10 UNDERLINE 10 WORDS THAT STAND OUT + MEAN SOMETHING TO YOU

5 OF THOSE 10, CIRCLE 5 THAT RISE TO TOP + MAKE YOU FEEL THE MOST

3 OF THOSE 10, HIGHLIGHT 3 THAT MEAN THE MOST TO YOU

STATEMENT OF PURPOSE

ESSENCE OF WHAT DRIVES YOU

PRACTICE IRL

Come up with a goal, a fear, and a need you see in the world.

How do I make connections so my purpose will power me?

A GOAL WHAT IS A GOAL YOU ARE CHASING?

HOW CAN YOUR PURPOSE POWER YOU TO THIS GOAL?

A FEAR WHAT IS 1 FEAR YOU ARE FACING?

HOW CAN YOUR PURPOSE POWER YOU THROUGH THIS FEAR?

A NEED IN THE WORLD WHAT IS A NEED YOU SEE IN THE WORLD IN INJUSTICE TO FIX?

HOW CAN YOUR PURPOSE POWER YOU FOR SOMETHING?

CONNECT YOUR PURPOSE

Choose a way to take action for each item by using your purpose as the REASON WHY it is worth doing (even when it's hard or scary)

BONUS

Food for thought (or discussion)

TIPS FOR TRANSFER

- CHISEL your why.
- CONNECT your purpose.
- POWER your action.

BRAVE CHALLENGE: IS THERE IS SOMETHING I AM DOING THAT IS MOVING ME AWAY FROM MY PURPOSE?

KNOW YOUR POWER.

PURPOSE & MEANING

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what drives me?

PASSION — LOOKING IN

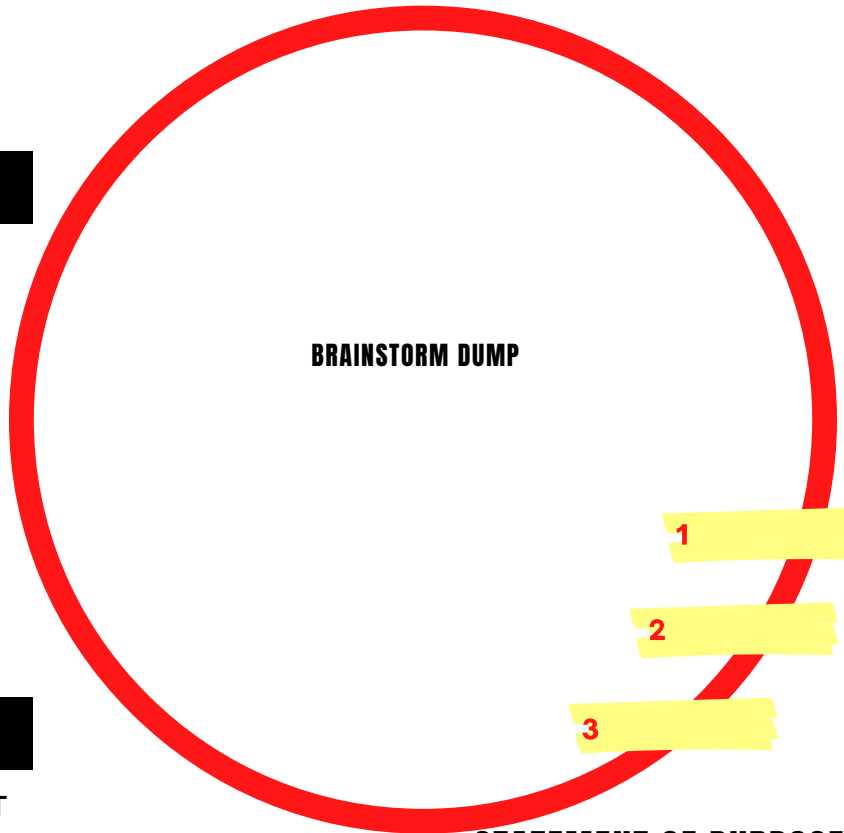
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