

# Find Your Purpose In 15 Minutes: A Step-by-Step Guide

Feeling lost and unsure of your purpose in life? You're not alone. Many people struggle with this question, but it doesn't have to be a daunting one. With a little self-reflection and introspection, you can uncover your passions, strengths, and values, and start living a life of fulfillment.



## Finding Your Purpose In 15 Minutes by Dr. Derrick Drakeford

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In this article, we'll guide you through a simple 15-minute exercise that will help you find your purpose. Grab a pen and paper, and let's get started!

### Step 1: Identify Your Passions

What activities bring you joy and make you lose track of time? Write down a list of everything that you love to do, big or small.

- Hobbies
- Interests

- Sports
- Music
- Reading
- Travel
- Spending time with loved ones

## **Step 2: Determine Your Strengths**

What are you naturally good at? What skills and talents do you possess? Consider both your hard skills (e.g., coding, writing, public speaking) and your soft skills (e.g., empathy, communication, problem-solving).

- Skills
- Talents
- Abilities
- Knowledge
- Experience

## **Step 3: Reflect on Your Values**

What principles and beliefs are most important to you? What kind of life do you want to live? Write down your core values, those that guide your decisions and actions.

- Honesty
- Integrity
- Compassion

- Respect
- Responsibility
- Growth
- Balance

#### **Step 4: Find the Overlap**

Now, look at your passions, strengths, and values. Where do they intersect? What activities, skills, or principles resonate with all three? This is where you'll start to uncover your purpose.

For example, if you're passionate about music, skilled at playing guitar, and value creativity, you might consider a career in music education or performance.

#### **Step 5: Craft Your Purpose Statement**

Based on your findings, craft a concise statement that expresses your purpose. It should be meaningful, inspiring, and specific to you.

Here's an example:

*"My purpose is to use my passion for music and my skills as a guitarist to inspire and empower others through music education."*

Your purpose statement can evolve over time as you grow and change. Regularly revisit it to ensure it still aligns with your passions, strengths, and values.

Finding your purpose is a journey, not a destination. It takes time and effort, but it's worth it. By following the steps outlined in this guide, you can uncover your unique purpose and start living a life that is both meaningful and fulfilling.

Remember, your purpose is not something external that you have to find. It's already within you, waiting to be discovered.

So, take the time to reflect on your passions, strengths, and values. Find the overlap, and craft a purpose statement that resonates with you. Then, start taking steps towards living a life that aligns with your purpose.

You deserve to live a life of fulfillment. Start the journey to finding your purpose today!



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