



Final Expedition: Your Personal Purpose Proclamation

YOUR PERSONAL NAVIGATION SYSTEM

A values-driven purpose statement not only empowers you, it creates Freedom. Freedom for you to make decisions and take action based on those values, creating space for out-of-the-box ideas and innovations, unconventional solutions, and an expansive evolution for you and your life.

PART 1: Charting the WHY & HOW & WHAT of Your Ultimate Destination

INSTRUCTIONS: In the first column, describe what is most important for you to achieve in your lifetime. This may be a feeling or state of being like Joy or Success or Inner Peace. In the second column, describe what is important for you to experience and accomplish in your lifetime. In the third column, from all the strengths you identified in your Second Expedition, list your most important five. In the last column, from the conscious values you identified in your First Expedition, list your top five, turning each into a verb describing how you use that value. *For example, 'innovation' = look at a problem from a different angle or 'fun' = not taking myself or life too seriously.*

WHY: Your Deeper Purpose What is important for you to achieve in your life? Why do you get out of bed in the morning? What is your purpose, cause, or belief?	WHAT: Your Ultimate Goals What goals and adventures are important for you to accomplish and experience in your lifetime?	STRENGTHS: Your Unique Qualities List your Top 5 Strengths, those that are most important to you or you most rely upon.	HOW: Uniquely You List your Top 5 Values. Turn each value into a verb describing how you most often use that value.