

CHAPTER 5: Your Life's Purpose in Three Words

THE CHOICE IS YOURS: REFLECTION EXERCISE

If you haven't already determined your three-word **purpose statement** using the formula "**To**→**Verb**→**Noun**," feel free to mix and match from the lists below. Choose what speaks to you:

VERBS	NOUNS (CORE VALUES)	PHRASES
To inspire	enthusiasm	...with myself and others
To cultivate	authenticity	...for myself and others
To encourage	positivity	...in myself and others
To magnify	trust	...to myself and others
To generate	happiness	
To awaken	courage	
To ignite	connection	
To elevate	love	
To foster	calm	
To create	integrity	
To spread	peace	
To amplify	optimism	
To deepen	honesty	
To invigorate	loyalty	
To animate	joy	
To energize	kindness	
To strengthen	respect	
To raise	creativity	
To give	faith	
To provide	confidence	
To nurture	fun	
To bolster	generosity	
To develop	freedom	
To nourish	openness	
To expand	abundance	
To enhance	growth	

CLAIM YOUR PURPOSE STATEMENT:

My name is _____ and my purpose statement is _____!