



Chamber University

Power of Purpose



WORKBOOK

K E Y P O I N T

DO YOU KNOW YOUR 'WHY'?

PURPOSE

This activity is designed to help people identify purpose by looking at 4 areas of their life:

- Passions
- Strengths
- Values
- Talents

Why Find Your Why?

Knowing your why can help you have more courage to take risks and be more resilient when things get tough. There are four questions that you can answer about yourself to help you have some insight to who you are and how you relate to the world.

Asking:

What are my passions? What do I get so excited about and look forward to?

What are my strengths? Am I living intentionally to maximize my strengths?

What values do I cling to? Honesty?

Vulnerability? Openness? Being Loyal and Reliable?

What are my best talents? Helping diffuse tense situations maybe? Connecting to people?

These are just a few questions to start with on your journey of discovering your Why.

YOUR PURPOSE!

EXERCISE



What makes you come alive? These are things bigger than you that put “a fire in your bell.” These are things that you really care about that you are willing to put yourself out there for.

What are your innate strengths? What things naturally come easy to you?

Where do you add the greatest value?

In other words, what are you well placed and equipped to help solve in your workplace, career, organization, or industry? Focus on the opportunities, roles and career paths where you are most likely to succeed and therefore find the greatest sense of accomplishment and contribution.

How will you measure your life? What are your core values and how are you aligning with them?

LEARNING BY APPLICATION

An illustration of an open book with a bookmark, set against a blue background with faint icons of a hand holding a pen and a target.

ENRICHMENT ACTIVITIES

[Do You Know Your “Why” : 4 Questions to Find Your Purpose. Margie Warrell.](#)

[VIA Survey. Free survey that focuses on character strengths.](#)

Recommended Reading:

[Start With Why](#)