



Take a few minutes to jot down the following:

1. What are your natural gifts? What have others said you are really good at doing?
2. When have you felt you were doing what you loved? What do you find is fulfilling?
3. What do you find yourself drawn to? Where do you want to make a difference? (People, activities, things).
4. What kind of life experiences have significantly shaped who you are?
5. Ask a friend to give you insight on what they see is fulfilling for you.
6. Take note of any trends you might see. These are clues to your purpose.