

PURPOSE

VS

GOALS



INTRODUCTION

It is important that we learn to separate our life purpose from our life goals, as it allows us to maintain balance and truly experience each day.

To begin, take a sheet of paper or your journal and draw a line down the middle of the page. If using a phone, create two lists.

On the left side, title it "Purpose" and write a list of people who give your life meaning and a sense of purpose. Include you at the top of the list, why? Because you are the foundation to your purpose and goals.

On the right side, title it "Goals" and write a list of any goals you may have, big or small.

Next, focus on the names you've written down and ask yourself these questions: Who are they? What do they do for you? What do you do for them? Consider how these people give your life meaning and purpose on a daily basis.

Then, shift your focus to the goals you've listed.

Ask yourself how achieving these goals will benefit you and the people on your list.

Are there any goals that won't improve lives?

Should these goals be simplified or removed altogether?

It is essential to remember that our purpose drives us to pursue our goals, not the other way around.

If we allow our desire for our goals to overshadow our purpose, we risk losing sight of the things and people we love.

Therefore, it is crucial to maintain a balance between our purpose and goals, always keeping in mind that our purpose should be the driving force behind our actions.



THE WORKSHEET

PURPOSE

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Add names which give your life meaning and purpose

GOALS

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Add life your life goals



MY DAILY PURPOSE STATEMENT

At the end of the video, I shared my daily purpose. It was a statement no longer than a paragraph.
You could reference the previous task (purpose & goals) and use this to write your own daily purpose.

Why not follow my example and keep it somewhere visible as a daily reminder?

My daily purpose is to...



FINAL THOUGHTS

I have a friend who often tells me that he has no goals in life.

I actually think that's a beautiful thing.

Goals always push us to think forward, but if we're able to strip away the judgments that society places on us and recognise that having no goals is a goal in itself, what better way is there to live in the present?

I wish you all the success in meeting your purpose and goals in life.

Be well,
Ricki Takooree

