

The Purpose Checkup



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The Purpose Checkup

From *The Power of Purpose* by Richard Leider

Please read each statement carefully and take a few minutes to decide on a true response for you. Then record the number that reflects your response.

- | | |
|------------------------|---------------------|
| 1. Definitely disagree | 3. Somewhat agree |
| 2. Somewhat disagree | 4. Definitely agree |

Having (Outer Life) – how effectively you relate to the external choices in your life.

I derive satisfaction from what I have in my life. _____

I express my creativity in a number of ways. _____

I have found ways to offer my gifts and talents to the world. _____

I have a positive vision for my future. _____

I feel satisfied with my location. _____

My physical energy is vital. _____

I feel satisfied with my personal relationships. _____

Total Having score _____

Doing (Inner Life) – how effectively you relate to the internal choices in your life.

I follow my purpose when making major decisions. _____

I feel content when I am alone. _____

I focus and think clearly. _____

I have the courage to face my adversities. _____

I offer compassion to others easily. _____

I offer forgiveness to others easily. _____

I am growing and developing. _____

Total Doing score _____



- | | |
|------------------------|---------------------|
| 1. Definitely disagree | 3. Somewhat agree |
| 2. Somewhat disagree | 4. Definitely agree |

Being (Spiritual Life) – how effectively you relate to the invisible choices in your life.

I sense the presence of a Higher Power.	_____
I have a regular spiritual practice.	_____
I feel a sense of the sacred when I am in the natural world.	_____
I feel a sense of gratitude for my life.	_____
I maintain a balance of saving and savoring the world.	_____
I invest time in making a difference to others or to the world.	_____
I know what I want to be remembered for.	_____
<i>Total Being score</i>	_____

Scoring

Your score in each section is one measure of your development in that dimension. Your total Purpose Checkup score (out of 84) gives a measure of the power of purpose you are experiencing in your life at present.

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