



Exercises:
Tap into the Power of Purpose

Values Detective – Renew Your Spirit

In 1926 a young Englishwoman, Joanna Field, began to feel that she was not living a truly authentic life, that she did not know what made her truly happy. To remedy this she kept a secret journal in order to discover what specifically triggered the feeling of delight in her daily life. The journal was published in 1934. It was written, she confided, in the spirit of a detective who searches through the minutiae of the mundane in hope of finding clues.



She discovered that she delighted in red shoes, good food, sudden bursts of laughter, reading in French, answering letters, loitering in a crowd at the fair, and a new idea when it is first grasped.

-- from Sarah Ban Breathnach, Simple Abundance

Exercise:

Our values and priorities are not always what we list on a survey...they are what we do and how we live. Let's investigate!

- Pick a partner at your table.
- Choose who will be the detective first. Make sure the detective has the questions below while their partner gets ready with a blank piece of paper and some colored pens.
- Move your chairs further from other people if you need more space.

The detective begins by asking a question. Make sure the partner being questioned doesn't just put down answers, but also reflects on what their answer says about their values. When a value is revealed, the partner writes it on the blank paper. It doesn't have to be a list—use the page as a collage space to express your feelings. Make some values bigger or brighter than others. When we reach the time limit, I will ask you to switch places. Have fun uncovering your passions, joys, and beliefs!

Detective's List of Questions:

- What kinds of things irritate you that others do wrong?
What does that mean about what you believe is important?
- Where does your discretionary time go?

Parties, social life, children, family, volunteering, faith-based activities, shopping, decorating, reading, walking, nature, travel, exercise, hobbies, education, relaxing, TV, etc.

- Pick the top 2-3 items.
What does that mean about your values?

- Where does your discretionary money go?
See list above - pick 2-3.
- Whom do you admire at work? Elsewhere?
- What are the things you do in your job where the time flies by—you would probably do these things for no pay!
- What are the things that drain your energy at work?
- What do people say you are good at? Do you agree?
- What do you find yourself teaching to others?
- When you choose someone to mentor, what characteristics do you look for?
- Think of a child you care about—your own or someone else's—what are the most important values to teach that child?
- What are the most important qualities in a leader? Why?

Detective: *Feel free to add some of your own questions. Go to the heart of the person that you are interviewing. What is unique and special about their values?*

Life Goals – Renew Your Spirit

- Make a list of fifteen to twenty things you would like to have, do, or be in the life of your dreams—a life that is rich in meaning and satisfying to you on every level. It's fun and exciting to boldly write down a description of your ideal life.
- Circle the most important thing on the list, the one you would most like to have, do, or be if the others weren't possible.
- Choose the second-most-important thing in the same way. If you could only make one more thing on the list a reality, which one would it be?
- Continue on in this way until you have your top five. What bubbles to the top may pleasantly surprise you.

Tagline - Renew Your Spirit

- Take inventory of the things you have done well, enjoyed doing, and were asked by others to do more of in the past. These experiences could arise from the jobs you've held, your volunteer activities, and even the role you play among family and friends.
- Ask yourself the following three questions:
 - What did you especially love to do when you were a child, before the world told you what you should and shouldn't like?
 - Write about two of your most challenging life experiences. How have they shaped you?
 - What do you enjoy in life that helps you sing your song?
- Draft a purpose statement based on your personal inventory and your answers to the three questions above. Your first attempt may come out full of jargon, platitudes, and convolution. Don't worry: this is just the clay you shape into something more useful and beautiful. Reduce the complexity and use simple words as you do so.
- Choose words that have meaning for you, not necessarily for the people who will hear them. Personalize the language in ways that add inspiration, humor, and personality.
- Check in with others who know you well in various contexts. Your statement should be something that people recognize as you.
- Don't be afraid to change your tagline if it doesn't feel right. As you grow, you will want to reevaluate it from time to time. And you may just want to change it whenever you feel the need to be reinvigorated.

Touchstone - Renew Your Spirit

Creating a personal touchstone—a concrete, visual embodiment of your purpose in life and your most important values—gives depth and meaning to your personal and professional activities. It serves to remind you to get back on track when superficial annoyances threaten to distract you from your ultimate goals and values. It also helps you keep the things that inspire you front and center every day.

- Brainstorm—by yourself or with a group—a list of tangible representations of the abstract feelings and ideas that fuel your purpose
- Choose a specific symbol that can instantly move, touch, and inspire you
- Find ways to use your touchstone to keep you focused:
 - a) Use it as your avatar on social media
 - b) Use it as the wallpaper or screen saver on your computer or phone
 - c) Put it on your bathroom mirror, in your car, or in other places where you look every day
- Discuss the touchstone with people at work to bring them back to a sense of purpose

Flow – Renew Your Spirit

To boost your energy, consider redesigning some of the things you repeatedly do. Flow can be defined as the state in which you are at one with your work—time seems to fly by and you are completely lost in your task. Keep a log of your energy levels while performing specific tasks that you do repeatedly during the course of a single week or month.

- Where your energy is dropping, can you redesign the activity so that it gets you closer to a state of flow?
- Add rituals to onerous tasks like: new music, accepting help, or doing them in a visually pleasing location.