



PURPOSE BLUEPRINT

Process Outline

MAKE A COPY OF THIS DOCUMENT + SAVE TO YOUR FILES SO YOU CAN EDIT

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The Purpose Blueprint was created for heart-centered, soul-led, purpose-driven humans who want to use their unique set of experiences, gifts, and skills to make an impact in the world. If you're not clear on your purpose or how to bring it to life, this process is designed to give you the clarity you need, so you can more confidently take steps toward honoring your unique self-expression, living your truth, and creating positive change.

Purpose isn't just one thing we do forever. Rather, our purpose (aka, the embodiment of our uniqueness) changes and evolves over time as we step into new versions of ourselves. For that reason, the Purpose Blueprint framework was designed to be revisited again and again.

Tips for working through this process:

1. Block off a chunk of time (1-2 hours) and remove all distractions (put the phone away!) OR set aside 5-10 minutes each day and go through one lesson per day if that feels more useful/manageable for you
2. Set the scene/scene if that feels good for you—candles, incense, music, etc. Create a sacred space and use this time to intentionally connect with your Self
3. Use this document as a guide and respond to the prompts in your own journal or notebook, or simply copy this document and work through it digitally
4. You could ask someone to ask you the questions as you record your responses. This allows you to more directly access your subconscious responses to the prompts
5. Once you've worked through the prompts listed here, go through your responses and underline/highlight the words and phrases that stand out most. Plug those into the corresponding boxes in the Purpose Blueprint PDF and look for patterns/themes
6. Be honest with yourself and have the courage to go deep; move beyond the surface!

YOUR VISION FOR THE WORLD

1. What does an ideal world look like for you?
2. What is the #1 thing that needs to change for the world to look as you envision it?

YOUR HERO'S JOURNEY

Identify and reflect on the FIVE life experiences that have shaped you into who you are today and *why*. What are those experiences, and what impact have they had on you?

**"Life experiences" can include aspects of identity (e.g. race, sexual orientation, religion, etc.), specific events, significant time periods or phases, influential people, etc. — it all depends on how you choose to interpret it :)*

In reflecting on the overall impact of these 5 life experiences, answer the following questions:

1. What were the biggest challenges you had to overcome?
2. What about these experiences made you proud of yourself?
3. What were the key lessons you learned that you could share with others?

PAIN POINTS

Based on everything you've learned about life/yourself through your core life experiences, what would you say are your main pain points?

Pain points are things that hurt you, anger you, or somehow motivate you to create a different experience for someone else. These could be things you yourself have experienced, or they could be injustices you've witnessed in the world.

**some examples could include lack of belonging, emotional abuse, houselessness, climate crisis, etc.*

CORE VALUES

Our life experiences and pain points are usually very influential in determining our core values. Your values are the principles that guide your decisions and actions. They ensure that what you do is in alignment with who you are. This next exercise is meant to help you identify your core values.

Begin by brainstorming a list of your core values.

*A list of potential core values is linked below, but I always recommend tapping into that subconscious and seeing what comes up for you *before* taking a look at it!*

Some reflection questions that may help you identify your core values:

Who inspires me and why?

How do I want people to treat me?

What do I invest my time/energy/money into?

What lessons did I learn from my most transformational life experiences?

What are my pain points? — Now what are the opposite attitudes/actions?

Refer to this list if needed (but try to avoid starting with this if possible):

<https://daretolead.brenebrown.com/wp-content/uploads/2019/02/Values.pdf>

Once you have a comprehensive list, narrow it down to a total of 3-5 core values.

If needed, group similar values together and choose one word based on a unifying theme.

VALUES STATEMENTS

Create a values statement for each of the 3-5 values you've chosen.

A values statement is a one-sentence description of why each value is important to you

SUCCESS

Our personal definition of success is oftentimes not our own, but rather a reflection of our culture(s), family, media, religion, etc. (For many of us, that definition is often rooted in capitalism). I teach that success happens when we're in alignment with our core values.

Therefore, our personal definition of success should be a reflection of our core values.

Write out the following statement:

I am successful when I.../ Success for me is...

You can free write here or create a list of bullet points, with each bullet representing one of your core values. Regardless of how you go about it, be sure to make connections to your core values.

ALIGNED ACTIONS

What are the activities/things you do in which you feel most aligned with your values/personal definition of success?

**example: if one of your values is rest, an aligned action might be saying no to obligations when you know you don't *really* have the energy for them. In this case, the aligned action is how you honor your needs.*

SKILLS + STRENGTHS

What are you good at? What do you do well? What would others say your superpowers are?

If you need a little help, take the [High5 Test](#) to identify your skills

If you'd like, you can "upgrade" to the paid [CliftonStrengths assessment](#) (\$20)

Did the results resonate with you? Make note of any key words or phrases that jump out.

**You could also send out an email to a group of people in your circle who know you to varying degrees (friends, family, colleagues, etc) and ask them something similar to the following:*

"Based on your experience with me, what do you think are my 3 best/strongest qualities, aka my "superpowers"? What do you come to me for, or how do you see me offering substantial value to others?"

TRANSFER YOUR RESPONSES TO THE PURPOSE BLUEPRINT

Once you've worked through the prompts listed here, go through your responses and underline/highlight the words and phrases that stand out most. Plug those into the corresponding boxes in the [Purpose Blueprint PDF](#) and look for patterns/themes.

Once you've taken some time to identify the patterns/themes represented in your Blueprint, as well as how the pieces are connected, answer the following question:

If the Purpose Blueprint is representative of your unique self-expression, then how does your unique self-expression contribute to the ideal world you envision?

YOUR PURPOSE

Your unique self-expression (aka medicine) offered in service — the WHAT / WHY

What is it that you have to offer the world? Why is this important, and why does it matter to you?

HOW CAN YOU SERVE OTHERS / MAKE A DIFFERENCE IN THE WORLD?

The various possible ways you can fulfill your purpose — the HOW

Brainstorm all the various, possible ways you can bring your purpose to life.
There's no one way, don't limit yourself, explore the possibilities!

Now that you've brain-dumped the possibilities, what feels most resonant or exciting to you right now? Which of these possibilities do you want to pursue/bring into reality?

If you're finding it difficult to "choose" a path, is there some way in which you can combine different aspects of the possibilities into one vision/outcome?