

A GUIDED WORKBOOK

Discovering Your Life Purpose

A private workbook for the next chapter of your story.

*“Your purpose isn't something you have to invent from nothing.
It's already living inside the life you've lived — we're just
going to go looking for it together.”*

PREPARED BY

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SECTION ONE

What Is a “Life Purpose,” Really?

Your life purpose is not a single grand answer waiting at the end of a search. It is the intersection of four things that are already true about you: what you value, what makes you come alive, what you are drawn to give, and what has been standing in your way.

What you value — what matters to you when no one is watching or grading you.

What makes you come alive — the activities where time disappears and effort feels like ease.

What you are drawn to give — what people already come to you for, again and again.

What has been in your way — the fear, busyness, or beliefs that have kept you from stepping into it.

HOW TO USE THIS WORKBOOK

Most people do not discover purpose in a single lightning-bolt moment. They notice a pattern, quietly, over time. This workbook is designed to help you notice yours with more clarity, and more speed, than you would on your own.

SECTION TWO

Where You Stand Today

Before we look forward, let us take an honest account of the present. Rate how fulfilled you feel in each area of your life, from 1 (empty) to 10 (thriving).

Career / Work _____ / 10

Relationships _____ / 10

Health & Body _____ / 10

Money & Security _____ / 10

Personal Growth _____ / 10

Spirit / Meaning _____ / 10

Fun & Play _____ / 10

Contribution to Others _____ / 10

The area with the lowest score has something to teach me:

The area with the highest score is fueled by:

SECTION THREE

What Has Been Holding You Back

This piece often matters most — it is frequently the real reason purpose has felt out of reach. Let us name it clearly.

When I imagine living my purpose out loud, the fear that surfaces first is:

The story I tell myself about why “now isn't the time” is:

If I am honest, busyness sometimes shields me from:

A belief I inherited — from family, culture, or an earlier chapter of life — that no longer serves who I am becoming:

SECTION FOUR

What Makes You Come Alive

Three moments in my life when I felt most fully myself:

An activity in which I completely lose track of time:

Three values I refuse to compromise on, regardless of circumstance:

The kind of person I feel most like myself around:

SECTION FIVE

The Threads Already There

Purpose rarely arrives new. It is usually a thread that has run through your entire life, in different disguises.

As a child, before anyone told me who to be, I loved to:

People come to me for help with (be specific — not simply “advice”):

The difficulty or challenge I have overcome that I now hold wisdom about:

If money and fear were no object, the way I would spend my days is:

SECTION SIX

Drafting Your Purpose Statement

A purpose statement need not be perfect or permanent. It need only be true enough today to move you forward. Complete the passage below, then rewrite it in your own words.

My purpose is to use my _____ (gift or skill)

to help _____ (who)

so they can _____ (the transformation or outcome)

because I deeply value _____ (a core value)

Now, in my own words, my purpose statement is:

SECTION SEVEN

Your First Step

Purpose becomes real through action, not insight alone. Insight without a next step simply becomes another journal entry.

One small, doable action I will take this week toward living my purpose:

The fear I named earlier that may try to stop me — and how I will respond to it:

The person I want to be accountable to:

BEFORE YOU CLOSE THIS WORKBOOK

You do not need to see the whole staircase. You need only take the first step. Return to this workbook as your answers grow and change.