

Purpose Inventory

A quiet audit of what you keep returning to.

Five things you keep returning to

activities, topics, or roles you drift back to

Three problems you keep caring about

Where these overlap, a direction hides. Name it:

One small step to take this week

Reflection

Five questions from the article — take them slowly.

Carry these into a quiet few minutes.

1. What do I return to when the day finally belongs to me?

2. Which problem do I keep caring about, even when no one asks me to?

3. When have I felt most like myself, and what was I doing?

4. What small thing could I do this week in that direction?

5. Whose life would be a little better if I leaned toward it?