

Module 5:

Crafting Your Purpose-Driven Life

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Understanding a Purpose-Driven Life

Creating a focused on Purpose and Fulfillment is an excellent way to guide individuals in exploring their core values and legacy. Below are some components:

KEY CONCEPTS:

01

Self-Reflection & Vision

Understanding yourself is the foundation of purpose. Identify your core values, reflect on life experiences that shaped you, and define a personal vision statement that inspires and guides your decisions.

02

Goal Setting & Action Plan

Clarity leads to progress. Set meaningful short-term and long-term goals using SMART criteria (Specific, Measurable, Achievable, Relevant, Time-bound). Break these goals into actionable steps and prioritize tasks that move you forward.

03

Supportive Relationships

The people around you influence your journey. Surround yourself with those who encourage growth, align with your values, and seek mentors who provide guidance and perspective.

04

Lifelong Growth & Adaptation

Purpose evolves over time. Commit to continuous learning, adjust your goals as needed, and embrace experiences that challenge and strengthen your path.

Value Assessment Worksheet:

From the list of common core values below, select your top 5 values:

- Integrity
- Compassion
- Growth
- Creativity
- Responsibility
- Family
- Adventure
- Respect
- Trust
- Kindness
- Freedom
- Community
- Excellence
- Others:
- -----

List your top 5 values here:

01

02

03

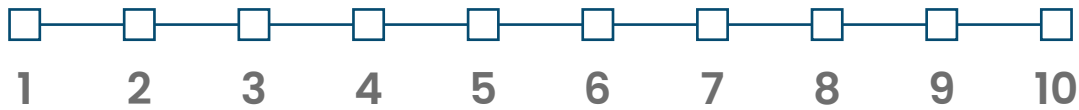
04

05

For each value identified, reflect and answer the following questions:

VALUE 1:

Importance (1-10)



VALUE 1:

Importance (1-10)

VALUE 1:

Why is this value important to me?

VALUE 1:

How do I live this value?

VALUE 1:

Examples of when I demonstrated this value:

For each value identified, reflect and answer the following questions:

VALUE 2:

Importance (1-10)

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

VALUE 2:

Importance (1-10)

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VALUE 2:

Why is this value important to me?

--

VALUE 2:

How do I live this value?

--

VALUE 2:

Examples of when I demonstrated this value:

--

For each value identified, reflect and answer the following questions:

VALUE 3:

Importance (1-10)

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

VALUE 3:

Importance (1-10)

VALUE 3: Importance (1-10)

VALUE 3:

Why is this value important to me?

VALUE 3: Why is this value important to me?

VALUE 3:

How do I live this value?

VALUE 3: How do I live this value?

VALUE 3:

Examples of when I demonstrated this value:

VALUE 3: Examples of when I demonstrated this value:

For each value identified, reflect and answer the following questions:

VALUE 4:

Importance (1-10)

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

VALUE 4:

Importance (1-10)

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VALUE 4:

Why is this value important to me?

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VALUE 4:

How do I live this value?

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VALUE 4:

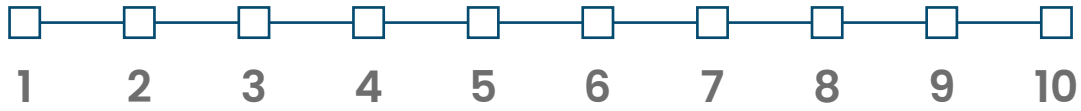
Examples of when I demonstrated this value:

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For each value identified, reflect and answer the following questions:

VALUE 5:

Importance (1-10)



VALUE 5:

Importance (1-10)

VALUE 5:

Why is this value important to me?

VALUE 5:

How do I live this value?

VALUE 5:

Examples of when I demonstrated this value:

01 Self-Assessment: Rate how well you currently live according to each of your values (1 – not at all, 10 – consistently).

02 Identify Areas for Growth: For any value rated below a 7, consider:

- What barriers prevent you from living this value fully?
- What specific actions can you take to align more closely with this value?

Value 1:

Rating: _____

Barriers to Living this Value:

Actions to Improve Alignment:

Value 2:

Rating: _____

Barriers to Living this Value:

Actions to Improve Alignment:

Value 3:

Rating: _____

Barriers to Living this Value:

Actions to Improve Alignment:

Value 4:

Rating: _____

Barriers to Living this Value:

Actions to Improve Alignment:

Value 5:

Rating: _____

Barriers to Living this Value:

Actions to Improve Alignment:

Set Actionable Goals:

01 Set Goals: Choose 1 or 2 values to focus on improving over the next month. Write down specific, actionable goals.

02 Check-In: Schedule a date to revisit this assessment and reflect on your progress.

Value:

Goal:

Timeline:

Next Check-In Date:

Value:

Goal:

Timeline:

Next Check-In Date: