

CHECKLIST

Purpose

Practice Purpose Through Intention, Inspiration and Connection

How to use this checklist:

This printable checklist is your guide to practicing purpose on a daily basis. Use it to connect with your “why”, uplift others, and stay encouraged as you live with purpose.

LIVING WITH PURPOSE	M	T	W	T	F	S	S
I reminded myself <i>why</i> I’m doing what I’m doing							
I helped or uplifted someone else							
I did something that energizes or inspires me							

DISCOVERING WHO YOU’RE BECOMING	M	T	W	T	F	S	S
I asked, “Does this reflect who I want to become?”							
I reflected on how I want to contribute							
I noticed what I feel drawn to (even in small ways)							

End your week by reflecting on what mattered, how you contributed, and the ways your path is starting to take shape.

NOTICING YOUR PROGRESS
I revisited my core values or life vision
I looked at how I spend my time vs. what I care about
I asked, “What would make next week feel meaningful?”

*Your purpose is unfolding one step at a time.
Keep showing up and keep moving forward!*