

## Fast Forward: Purpose Exercise

1. How and for what do I want to be remembered?

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2. By whom do I want to be remembered?

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3. What personal strengths and/or character traits would I like others to remember?

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4. What accomplishments (past and future) would I want others to talk about?

<u>Past</u>	<u>Future</u>

5. Am I living my life in such a way that my future accomplishments will be achieved? (Explain)

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6. When I look back, am I satisfied with the life I have lived up to this point? (Explain)

**If you answered “no” to question 5 or 6:**

What can you realistically do to make your future accomplishments achievable and have a more satisfying life? *Hint: The answer is never “nothing.”*

<u>Which things are in your control?</u>	<u>Which things are not in your control?</u>

What new goals can I create that will help me increase purpose and meaning in my life? List them: