

Purpose Self-Assessment

10 Questions to Help You Act On Purpose		No	Not Sure / Don't Know	Yes
1	Do you know what you're good at and what energizes you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Do you regularly utilize your best skills?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Are your interests and the issues you care deeply about furthered by your work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Are you making a difference in the world through your work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	Are you enthusiastic most days?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	Have you developed your own philosophy or guiding principle?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	Are you living by that philosophy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	Do you have a sense of meaning and purpose?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	Do you have active goals which relate to your purpose?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	Are you living your life to the fullest today, instead of hoping things will work out someday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring

Mark each: No with 2 points
Not Sure / Don't Know with 1 point
Yes with 0 points

If your total is

0-7	Your life is fairly focused, you have a sense of direction and are intent on making a difference.
8-15	You have a sense of purpose but may need to clarify your commitment. Are you living your values?
16-20	You run the risk of not using your potential or may be fulfilling another person's purpose instead of your own. You may be in the middle of a crisis or major transition.