



The Annual Purpose Checkup

Name _____

Date _____

After a certain age, many of us accept the necessity of regular physical checkups. Likewise, we're generally willing to review our financial situation with some regularity.

So, if money and medicine and meaning are all essential to a vital, positive third trimester of life, we might be wise to take guidance from the financial and medical worlds and adopt the practice of a regular checkup of that third dimension to ensure our sense of purpose, our spirit remains healthy.

Checkup On Purpose

Please read each statement carefully and take a few moments to decide on a true response for yourself. Then check the box that most nearly reflects that response. The boxes offer a range of response from Definitely Disagree to Definitely Agree.

- 1 Definitely Disagree
- 2 Somewhat Disagree
- 3 Somewhat Agree
- 4 Definitely Agree

Having (Outer Life)

	1	2	3	4
	Definitely Disagree	Slightly Disagree	Slightly Agree	Definitely Agree
1. I get satisfaction from what I have in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I express my creativity in a number of ways.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I have found ways to offer my gifts and talents to the world.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I have a positive vision for my future.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I feel satisfied with my location, place.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. My physical energy is vital.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I feel satisfied with my personal relationships.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total Having Score _____

Doing (Inner Life)

8. I follow my purpose when making major decisions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I feel content when I am alone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I focus and think clearly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I have the courage to face my adversities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I offer compassion to others easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I offer forgiveness to others easily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I am growing and developing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total Doing Score _____



Being (Spiritual Life)

- | | | | | |
|---|----------------------------|----------------------------|----------------------------|----------------------------|
| 15. I sense the presence of a Higher Power. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 16. I have a regular practice of being quiet (meditation, prayer). | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 17. I feel a sense of the sacred when in nature. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 18. I feel a sense of gratitude for my life. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 19. I have a balance of “saving” and “savoring” the world. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 20. I invest time in making a difference to others or to the world. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 21. I know what I want to be remembered for. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |

Total Being Score _____

Total Purpose Checkup Score _____



Reference Notes

Having (Outer Life)

A dimension of your external experience and outer activity – how effectively you relate to the “having” choices in your life.

Doing (Inner Life)

A dimension of your internal experience and inner activity – how effectively you relate to the “doing “ choices in your life.

Being (Spiritual Life)

A dimension of your invisible experience and spiritual activity – how effectively you relate to the “being” choices in your life.

Scoring

Your score in each section is one measure of your development in that dimension. Your total Purpose checkup score (out of 84) gives a measure of the power of purpose you are experiencing in your life at present.

Idea: Use this checkup to check in with yourself yearly on your birthday!

Notes: _____

