

Purpose Discovery Worksheet

Clarify Your Calling Across Faith, Family, Health, and Legacy

Good Soil Discipleship

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." — Ephesians 2:10

Purpose is discovered, not created. Let's find yours.

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What Is Purpose?

Purpose is not some mysterious calling that only spiritual giants have. It's not a lightning-bolt moment where God downloads your five-year plan.

Purpose is where four things intersect:

Your gifts (what comes alive in you)

Your story (what God has carried you through)

Your burden (what holy concern won't leave you alone)

Your obedience (what you're actually willing to do)

Most people ignore this. They chase someone else's dream or settle for comfortable mediocrity. That's sad. You have gifts and a story that the world needs.

How to Use This Worksheet

Work through this alone first. Write without editing. Be honest. Then, if you have a mentor or trusted friend, share it with them. Their perspective matters. Finally, review quarterly. Purpose clarifies and deepens over time.

Section 1: Your Story

Every person has a story. You're the sum of where you've been. The pain you've overcome. The joy you've experienced. The people who shaped you. God uses all of it.

Question 1: What is your origin story?

Where did you come from? What was your childhood like? What values were instilled in you? What struggles did you face early on? Write 2-3 paragraphs.

Question 2: What major transition or challenge have you overcome?

A loss? A failure? A season of doubt? How did you get through it? What did you learn? How has it shaped who you are?

Question 3: Who has shaped you most?

A parent? A mentor? A friend? A stranger? What did they see in you that you couldn't see in yourself? How do you want to pay that forward?

Question 4: What moments in your life felt like you were in your element?

Times when you lost track of time. When you felt fully alive. When people thanked you or said you changed their life. Write those moments down.

Section 2: Your Gifts

God gave you specific abilities, skills, and personality traits. Some are obvious. Some are hidden. Your job is to identify them and use them.

Question 1: What are you naturally good at?

Not what you've trained for. What comes naturally? Speaking? Listening? Building? Teaching? Leading? Organizing? Creating? List 5-7 things.

Question 2: What do people ask you for help with?

This is revealing. People ask you for what you're good at. Friends call you for advice? Advice-giving is your gift. People ask you to organize events? You're a natural leader. Listen to what people need from you.

Question 3: What spiritual gifts do you sense you have?

Teaching, mercy, hospitality, administration, encouragement, generosity, discernment, faith, healing, prophecy... Which ones resonate? Where do you sense God's empowerment?

Question 4: What would people say is your superpower?

Ask 3-5 people who know you well: 'What's the one thing I do better than anyone you know?' Write what they say. (You'll be surprised.)

Section 3: Your Holy Burden

A holy burden is something that won't leave you alone. You see a problem and you can't un-see it. You feel called to address it. This is often a pointer to your purpose.

Question 1: What problem in the world breaks your heart?

Poverty? Broken families? Mental health? Addiction? Abuse? Spiritual emptiness? What injustice or pain won't leave your mind?

Question 2: What group of people do you feel called to serve?

Young people? The homeless? Single mothers? Prisoners? Business leaders? Pastors? Who keeps coming to mind?

Question 3: What change do you want to see happen?

Not abstract. Specific. Do you want to see families restored? Young men equipped? Communities rebuilt? People set free from addiction?

Question 4: If you had unlimited resources, what would you do?

Money removed from the equation. Time removed from the equation. What would you do? This often points to your truest passion.

Section 4: Your Calling Across the Four Domains

Purpose isn't just about vocation or ministry. It spans your whole life. Let's define your calling in each domain.

FAITH: Your Spiritual Calling

How is God calling you to grow spiritually? What's your role in God's kingdom? Are you called to plant churches? Mentor believers? Write honestly.

FAMILY: Your Relational Calling

What kind of parent/spouse/sibling/friend do you want to become? What's your impact on those closest to you? How do you want to lead at home?

HEALTH: Your Stewardship Calling

How are you called to steward your body and mind? Are you called to teach others about health? Model discipline? Bring healing through your profession?

LEGACY: Your Impact Calling

What mark do you want to leave? How do you want to be remembered? What impact do you want your life to have on the next generation?

Section 5: Write Your Purpose Statement

Now synthesize. Look at your gifts, story, burden, and calling. Distill it into 1-3 sentences that capture your purpose. This doesn't need to be perfect. It will evolve. But it should be true to who you are.

My Purpose Statement:

(Example: 'My purpose is to help leaders integrate their faith into their work, equipping them to see their vocation as a calling, not just a job.')

Section 6: Your First 90 Days

Purpose without action is just a nice idea. What's ONE specific step you can take in the next 90 days that moves you toward your purpose?

My 90-Day Focus:

Specific Actions I'll Take:

- 1. _____
- 2. _____
- 3. _____

By	Day	30,	I	will	have:
By	Day	60,	I	will	have:
By	Day	90,	I	will	have:

Quarterly Review Template (Use Every 3 Months)

Progress Since Last Quarter:

What did I accomplish? _____

What's Changed in My Understanding of Purpose?

Where I Got Stuck:

Adjustments for Next Quarter:

Your Purpose Matters

You're not an accident. Your gifts aren't random. Your story isn't wasted. God prepared you for a purpose.

This worksheet is the beginning. Not the end. Purpose clarifies as you live. As you try things. As you fail and learn. As you respond to what God puts in front of you.

Don't overthink this. Write what's true. Act on what you've written. Review quarterly. Adjust as needed.

You have a calling. Now go live it.

Grace and peace,

*Junior Saint-Val
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