

YOUR STARTING POINT

Live with intention

Find where your purpose has momentum—and where one small change could help. Answer honestly about your life over the last 30 days.

Name: _____ Date: _____

Rate each statement: 0 not at all · 1 barely · 2 a little · 3 somewhat · 4 mostly · 5 strongly true. Choose a whole number; answer all 20 before totaling.

01 Clarity / Know what matters

01 I can name three values I want my life to reflect. / 5

02 I can describe the kind of difference I want to make. / 5

03 I can identify strengths I could use to help others. / 5

04 I can name a person, community, or need I care about serving. / 5

05 I have written a simple statement of what I am here to contribute. / 5

CATEGORY TOTAL _____ / 25

02 Direction / Choose your next move

06 I have chosen one meaningful priority for this season of life. / 5

07 I have a specific goal connected to that priority. / 5

08 I have identified a small next step I can finish this week. / 5

09 I have made room in my schedule for that next step. / 5

10 I have said no to a distraction that pulls me away from my priority. / 5

CATEGORY TOTAL _____ / 25

Your score is a reflection prompt, not a measure of your worth, faith, or calling. This is a self-rated worksheet, not a validated assessment. Small, realistic steps count.

PURPOSE IN DAILY LIFE

Turn intention into impact

Purpose is not only something you discover. It becomes visible in the way you use your time, develop your strengths, and serve people.

Use the same 0-5 scale and the same last 30 days. Choose what is true—not what you wish were true. Helping others does not require spending money or traveling.

03 Service / Make life better for others

11 I have listened to someone about a real need they are facing. ☐ / 5

12 I have used a skill or strength to help someone. ☐ / 5

13 I have given time, encouragement, or resources within my means. ☐ / 5

14 I have helped someone grow through teaching, mentoring, or support. ☐ / 5

15 I have followed through on a commitment to someone I serve. ☐ / 5

CATEGORY TOTAL _____ / 25

04 Consistency / Keep showing up

16 I have spent time reflecting, praying, or journaling about my direction. ☐ / 5

17 I have taken purposeful steps on more than one day. ☐ / 5

18 I have talked with a trusted person about my goals or progress. ☐ / 5

19 I have reviewed what helped, what distracted me, and what to change. ☐ / 5

20 I have continued with a meaningful next step after a setback. ☐ / 5

CATEGORY TOTAL _____ / 25

YOUR NUMBERS / YOUR MEANING

Find your purpose score

Add your category totals from pages 1 and 2, then turn your strongest clues into a simple purpose statement.

01 Add your category totals

Clarity _____ / 25

Direction _____ / 25

Service _____ / 25

Consistency _____ / 25

TOTAL = all four category totals _____ / 100

Each category can earn 25 points; together they add up to 100. Your total is also your percentage of possible points: 64 points = 64%. This is not “64% of your purpose.”

02 Find the clues in your life

Three values I want my life to reflect:

Three strengths I could use to help others:

One person, community, or need I care about:

One meaningful priority for this season:

03 Draft your purpose statement

I want to use _____ to help _____
by _____.

This is a starting sentence, not a lifelong contract. You can refine it as you learn, serve, and grow.

YOUR RESULT / YOUR NEXT MOVE

Choose one meaningful step

Use your score as a starting point—not a label. Your lowest category gives you a practical place to focus over the next 30 days.

0-39**FIND YOUR FOOTING**

Start small. Name what matters and choose one person or need you can help.

40-59**BUILD YOUR DIRECTION**

You have a starting point. Connect it to one clear goal and put time behind it.

60-79**LIVE WITH INTENTION**

Purpose is showing up. Strengthen your lowest category with a repeatable habit.

80-100**GROW YOUR IMPACT**

Keep your rhythm. Help someone else grow without losing healthy boundaries.

01 Focus on your lowest category**Clarity**

Write three values, three strengths, and one need you care about.

Direction

Choose one goal, one next step, and a time to begin.

Service

Ask someone what would help; offer one realistic contribution.

Consistency

Schedule two short weekly check-ins and invite someone to follow up.

If categories tie, choose the one that feels most useful to work on first.

02 Make your 30-day purpose plan

My lowest category / my score:

One person or need I want to help:

My next step / when I will begin:

My weekly habit / who will check in:

Review date / what progress will look like:

Retake the scorecard after 30 days. Compare each category and your total; notice what changed. For stories of purpose through service, explore theeverynationproject.com.