SESSION 1

People *with Purpose:* Exploring Purpose in our Lives

Interactive session led by Nate Garvis, President of Naked Civics

Purpose

WHAT IT IS:

A _____ that succinctly describes what uniquely _____ you and adds _____ to your life, and speaks to how you want to be _____.

WHY IT MATTERS:

IT HAS THREE OPERATIONAL UTILITIES

1. It gives you _____ to go beyond what you already know.
2. It gives you _____ to persist through unforeseen challenges.
3. It serves as a _____ that separates what you can do from what you desire to do.

WHAT IT CAN DO:

- Purpose has health benefits and has been shown to lower stress and inflammation.
- Purpose produces value by increasing productivity and allowing for more significant growth.

ANSWERS: *sentence, motivates, meaning, remembered, energy, resiliency, filter*

EXERCISE ONE: HOW YOU LIVE YOUR LIFE

Personal Resume Description: List the titles and labels you have acquired over the years including professional titles, education, hobbies, and relationships.

EXERCISE TWO: WHY YOU LIVE YOUR LIFE

Legacy Description: Write an epic eulogy for yourself. Remember, people won't remember you for the titles you held but rather for the impact you made on them.

EXERCISE THREE: YOUR SUPERPOWER

Describe your unique talent, that thing that you do effortlessly and as well as anyone you've ever met. Remember, this isn't something that you usually find in a job description but rather how you accomplish success.

EXERCISE FOUR: YOUR AUDIENCE

Describe who you want to impact and leave in a better place. Remember to think beyond who is specifically in front of you today and imagine those you want to impact in the future.

EXERCISE FIVE: PUT IT TOGETHER IN ONE SENTENCE

Remember: Your purpose goes beyond your profession.

_____ lives to _____
YOUR NAME YOUR SUPERPOWER

_____

in order to _____
DESCRIBE LEGACY

_____

for _____
DESCRIBE THE KIND OF PEOPLE YOU WANT TO IMPACT

_____

THANK YOU TO NATE GARVIS FOR FACILITATING THIS EXERCISE ON PERSONAL PURPOSE.

Nate Garvis is the president of Naked Civics, a strategic counsel and design consultancy, and the co-founder of Studio/E, a learning community of leaders and organizations. Nate has extensive global experience helping leaders and organizations create greater marketplace relevance in a changing society.