



Grab Your Gusto

Fuel to Live Your Purpose

MEANING – Your energy sources.

Passion (creative). What do you absolutely love that you pour yourself into/give of yourself?

Inspiration (experiential). What experiences or encounters does the world give you that light you up?

Mindset (attitudinal). What empowering ways do you frame how you navigate challenge or opportunity?

VALUES – How your decisions and behavior are distinguished.

What are your top 10 values, in order of significance?

1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____
10. _____

PURPOSE (your ultimate identity) – Why do you exist?

What are three words you want people to use to describe who you are/were in the world?

Which of the general paths to purpose do you resonate the most with?

Your long-standing ailing: _____

Your transformation through adversity: _____

Your deep passion (or heart break): _____

A wicked problem you obsess over: _____

What is your draft purpose statement?
