

Chapter 06 · Exercise

Purpose matrix

1. Serving others

How strong is your sense of purpose, or how strongly do you believe that your contribution makes a difference?

1
 2
 3
 4
 5
 6
 7
 8
 9
 10

2. Being at one with others

How strong is your connection to others and your sense of belonging?

1
 2
 3
 4
 5
 6
 7
 8
 9
 10

3. Realizing your potential (take the average of both numbers)

To what extent do you feel that you realize your personal potential?

1
 2
 3
 4
 5
 6
 7
 8
 9
 10

How much do you think you could grow as a person if you made use of your strengths?

1
 2
 3
 4
 5
 6
 7
 8
 9
 10

4. Being yourself

To what extent do you feel you are able to be authentic, i.e. fully yourself?

1
 2
 3
 4
 5
 6
 7
 8
 9
 10

