

--- Purpose-Finding Exercise Directions ---

An On-Purpose person has all kinds of **wants**, **needs**, and **desires**, like everyone else. We also have **problems**, **pains**, and **failures**. The difference is how on-purpose persons meet these needs and our response to situations. We're intentional; we have a purpose. We will begin by writing down what we want out of our life. We will group these into lists, our **Wants Lists**.

I. Turn to the WANTS LIST in your booklet. At the top of this page, write the first category. Fill in each of the rest at the top of the next seven pages.

▣ **Physical / Health / Recreational**

▣ **Financial / Material**

▣ **Family**

▣ **Vocational / Career**

▣ **Social / Community**

▣ **Spiritual**

▣ **Mental / Intellectual**

▣ **Other**

Your **Wants List** is a comprehensive inventory of what you want. Headings are simply reminders. These are similar to your "Roles." Within each Role you have many wants and some responsibilities.

I want you to take your time completing this. You can have a lot of fun with this one. Just relax and write what comes to mind.

Directions:

1. Go to a quiet place without interruptions
2. Quiet your thoughts and focus on your wants.
3. Write down every imaginable want -- all of them, regardless of how outrageous.
 - lose 15 pounds; finish school; earn \$75,000 next year; eliminate headaches; etc.
 - in no particular order
4. Alternate writing your wants from the top to the bottom of the page.
 - follow the order of the letters. Ignore the small boxes for now.
5. Write for as long as you can, then put the list down for awhile.
6. Add more things as they come to you over the next several days.
7. When you have 16 or fewer "wants," fill them in on the provided charts. If you have more, expand the chart.

Come back to this several times over this next week.

Wants List

Title: _____

A. _____

C. _____

E. _____

G. _____

I. _____

K. _____

M. _____

O. _____

Q. _____

P. _____

N. _____

L. _____

J. _____

H. _____

F. _____

D. _____

B. _____

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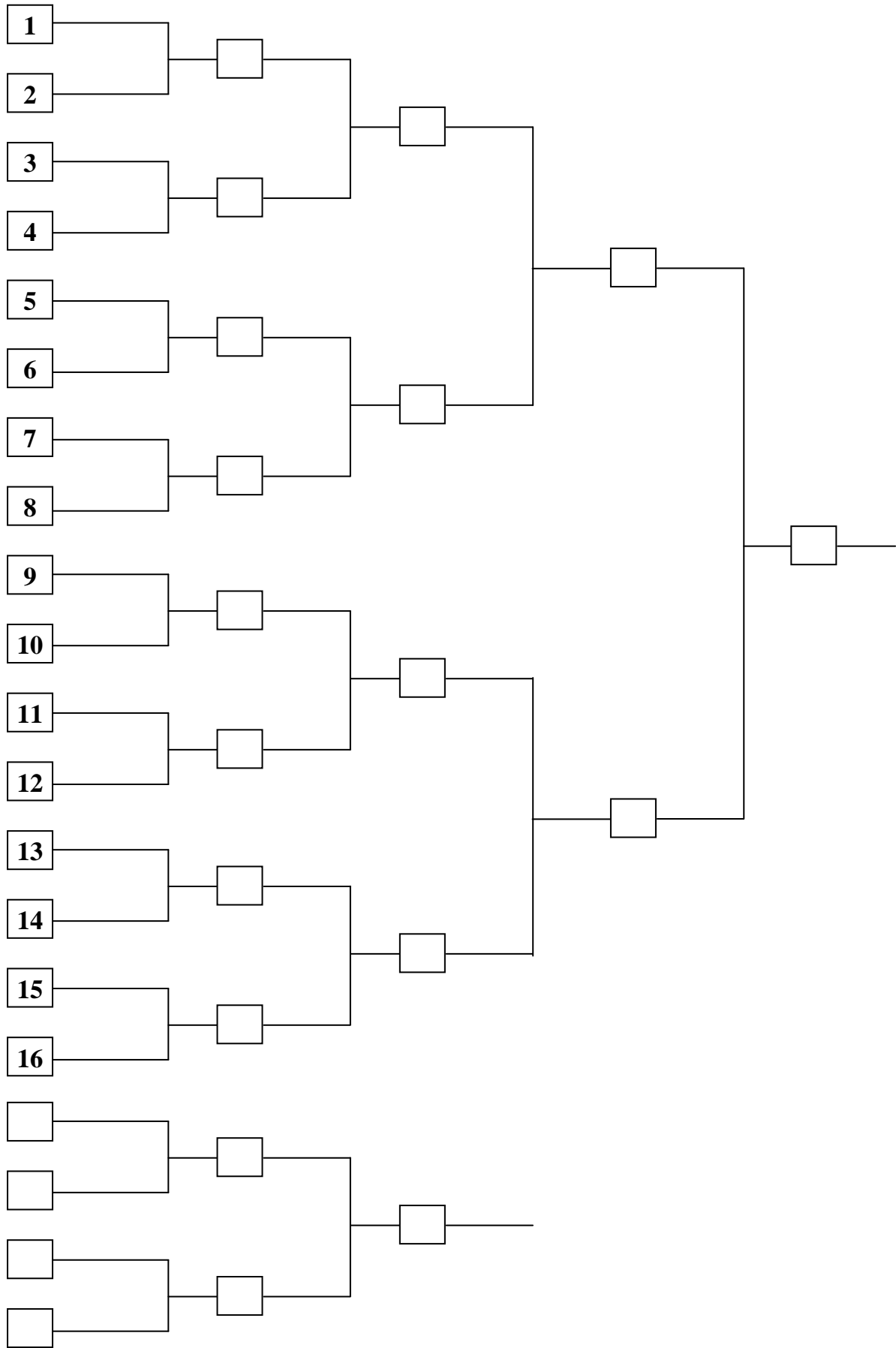
B. _____

SPECIAL Activity

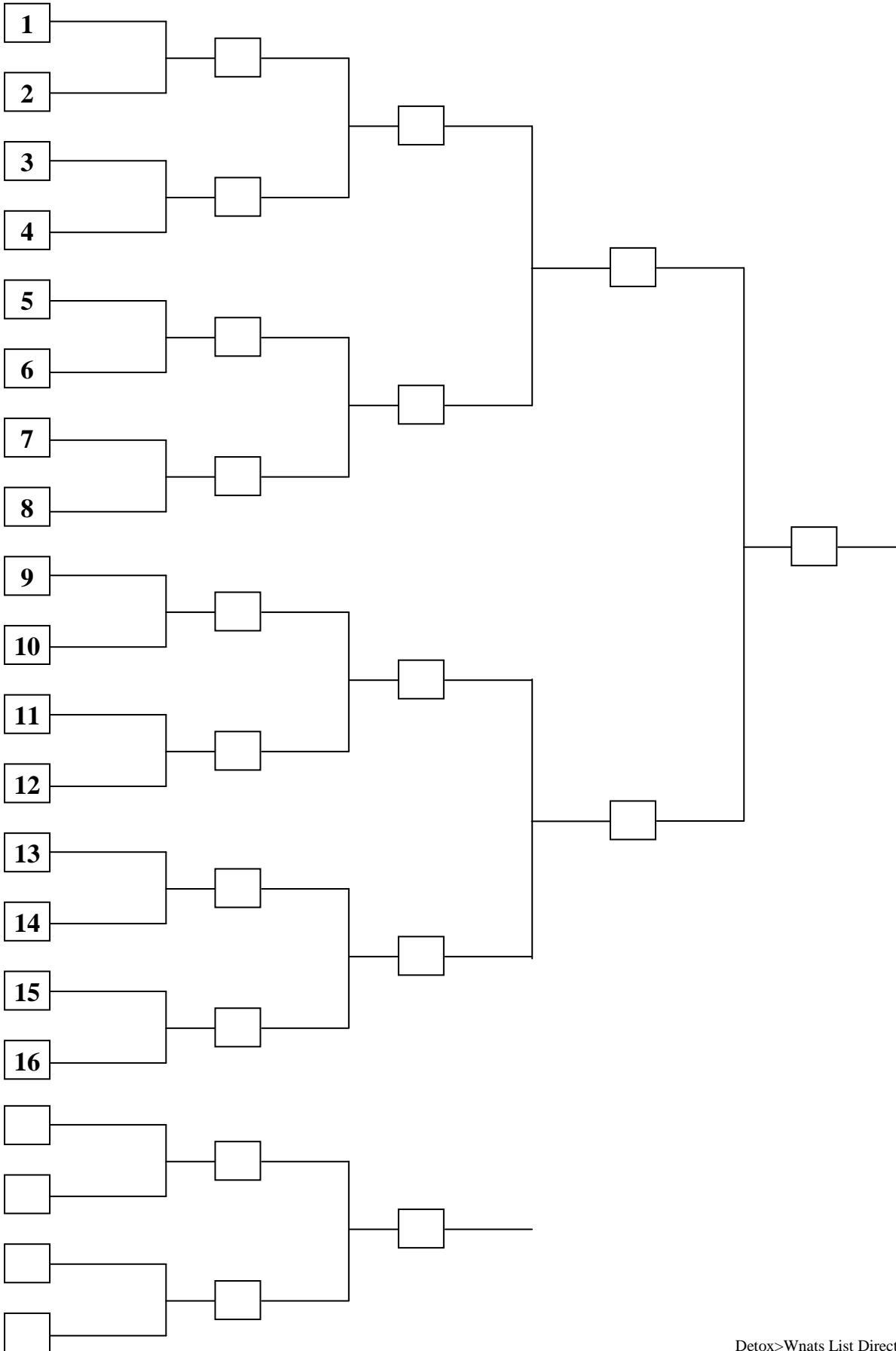
TOURNAMENTS & MAIN DRAW

- A. Sequentially number each want all the way down the list. The little boxes are for this. In other words, “1” in the top box, “2” next one down, then “3”...
- B. If you had to choose between #1 & #2, which would it be? Now chose between #3 & #4. As you continue, write in the winners in the corresponding box extending out from #1 & #2, #3 & #4, etc. on the **tournament chart**.
- As you progress through this, you’ll need to make some difficult choices. Guess what, you do that every day. Very few moments (much less, days, weeks, or months) pass that you don’t have to make difficult choices. You can make the decision here in the absence of peer pressures, emotions, and confusion. I understand that many choices depend upon circumstances. But make the choice which is generally or most often true.
 - It may have hurt to make some of those choices. But you’ll notice that **they aren’t gone**; they’re just not the **priority** in a given circumstance.
- C. Hold the tournaments for each **category**.
- D. If you have an uneven number, at one step, the extra “want” automatically “wins” and moves on to the next level of the tournament.
- E. Then run the **Main Draw**.
1. List the **Core Wants**, the tournament winner(or top 2 in a category, if you must) from each category on the **Main Draw** chart.
 2. Run the **Main Draw** tournament the same way you did with the Tournaments.

Tournament Chart



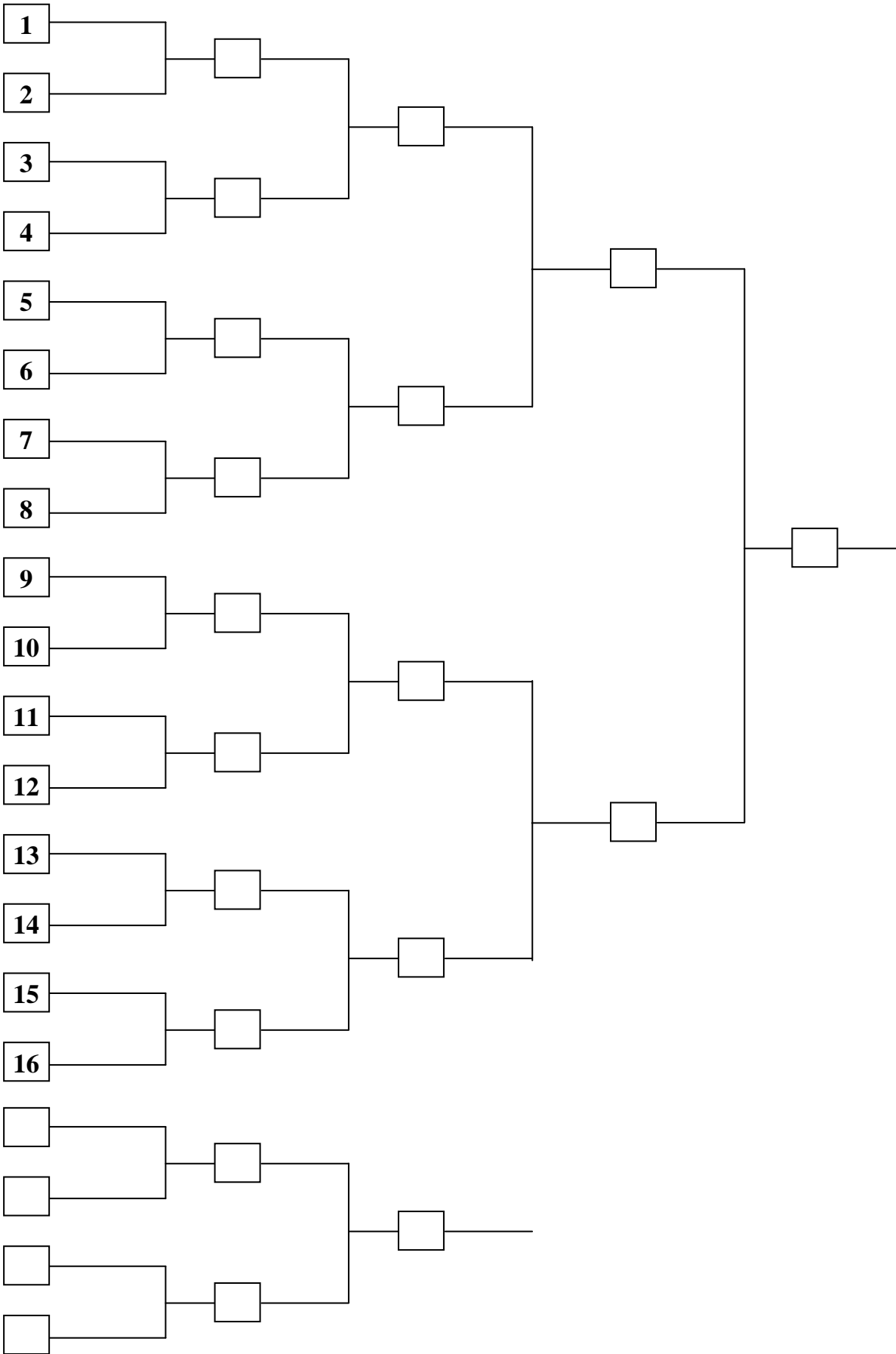
Tournament Chart



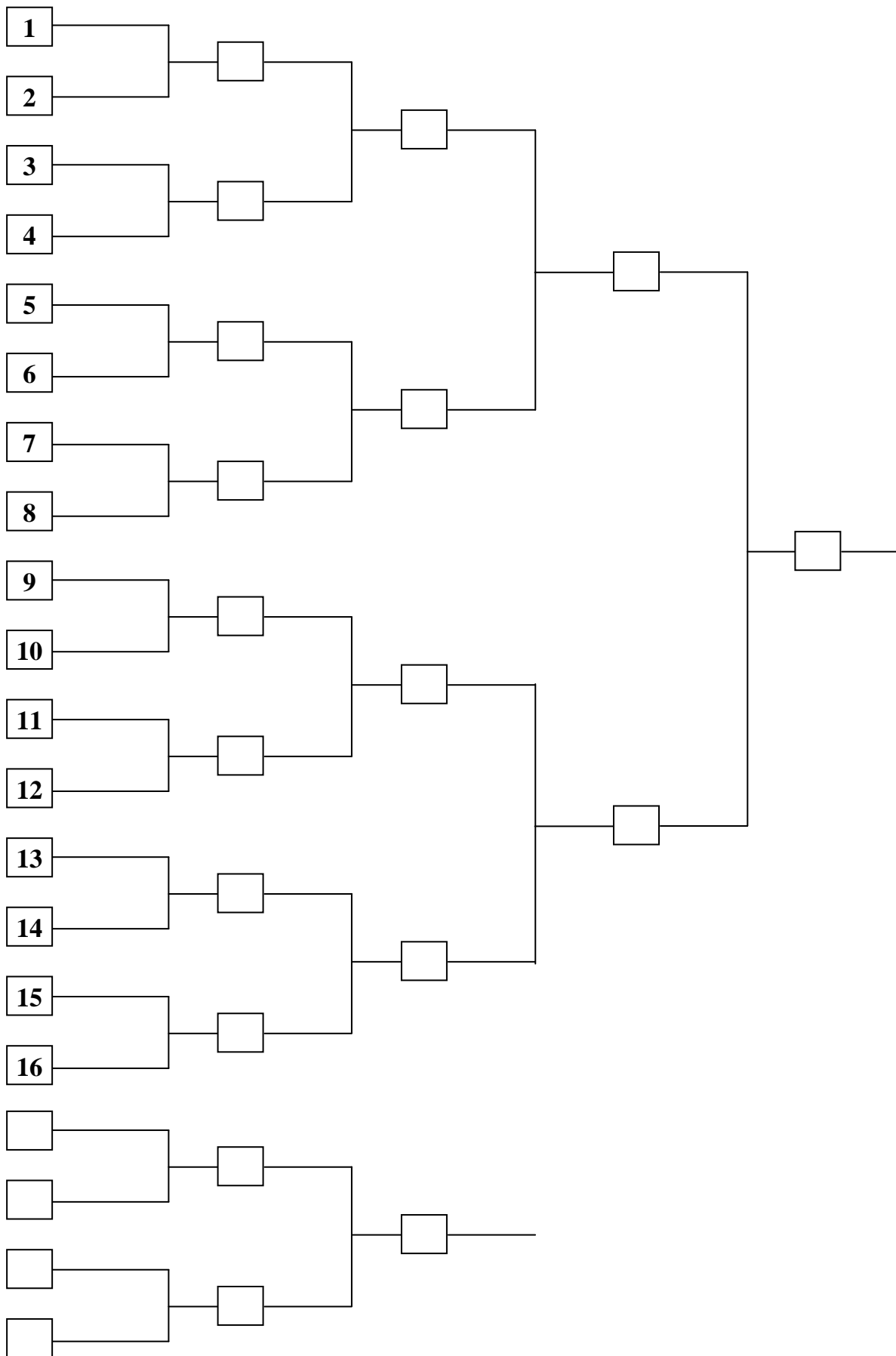
Tournament Chart



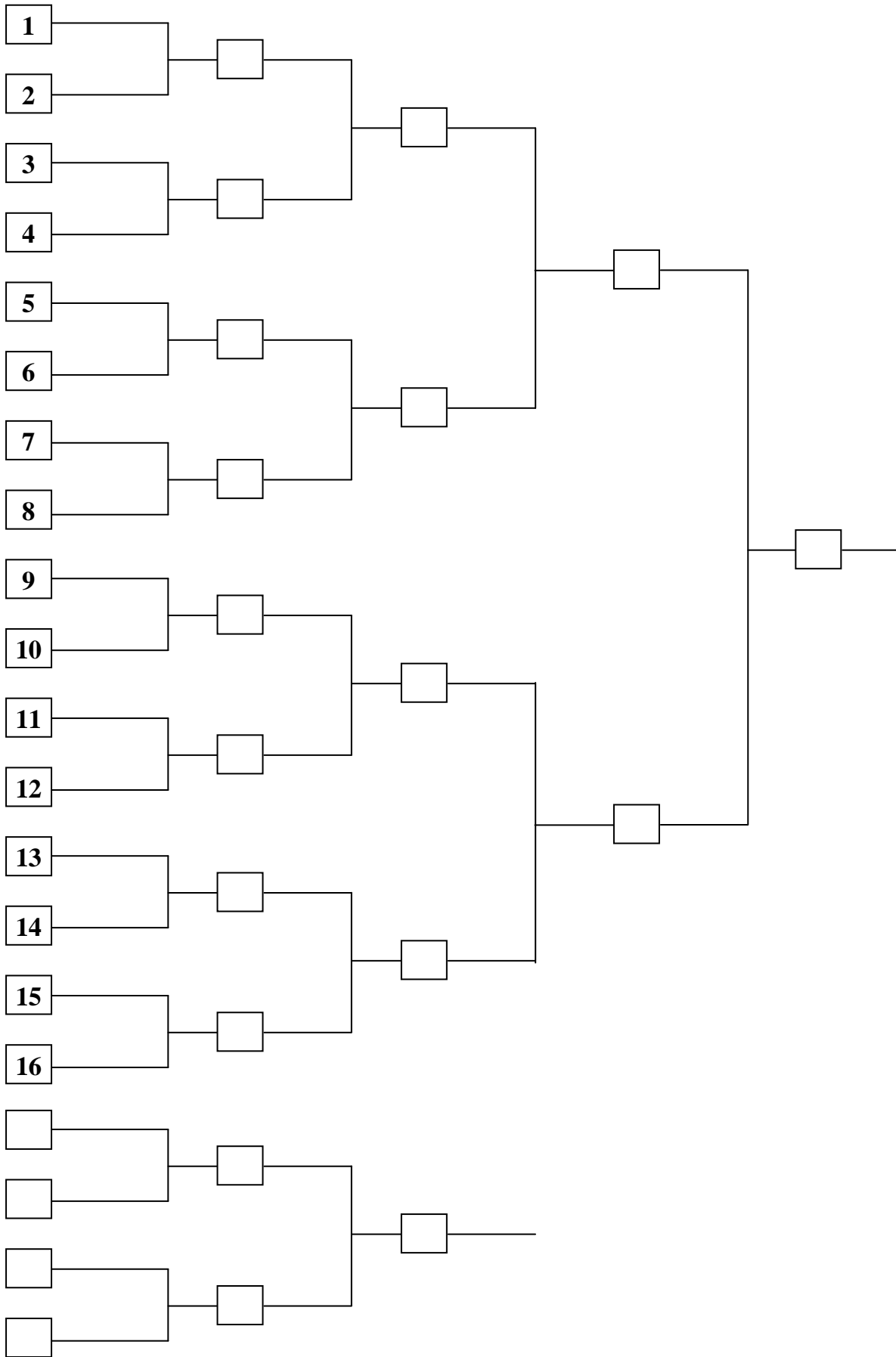
Tournament Chart



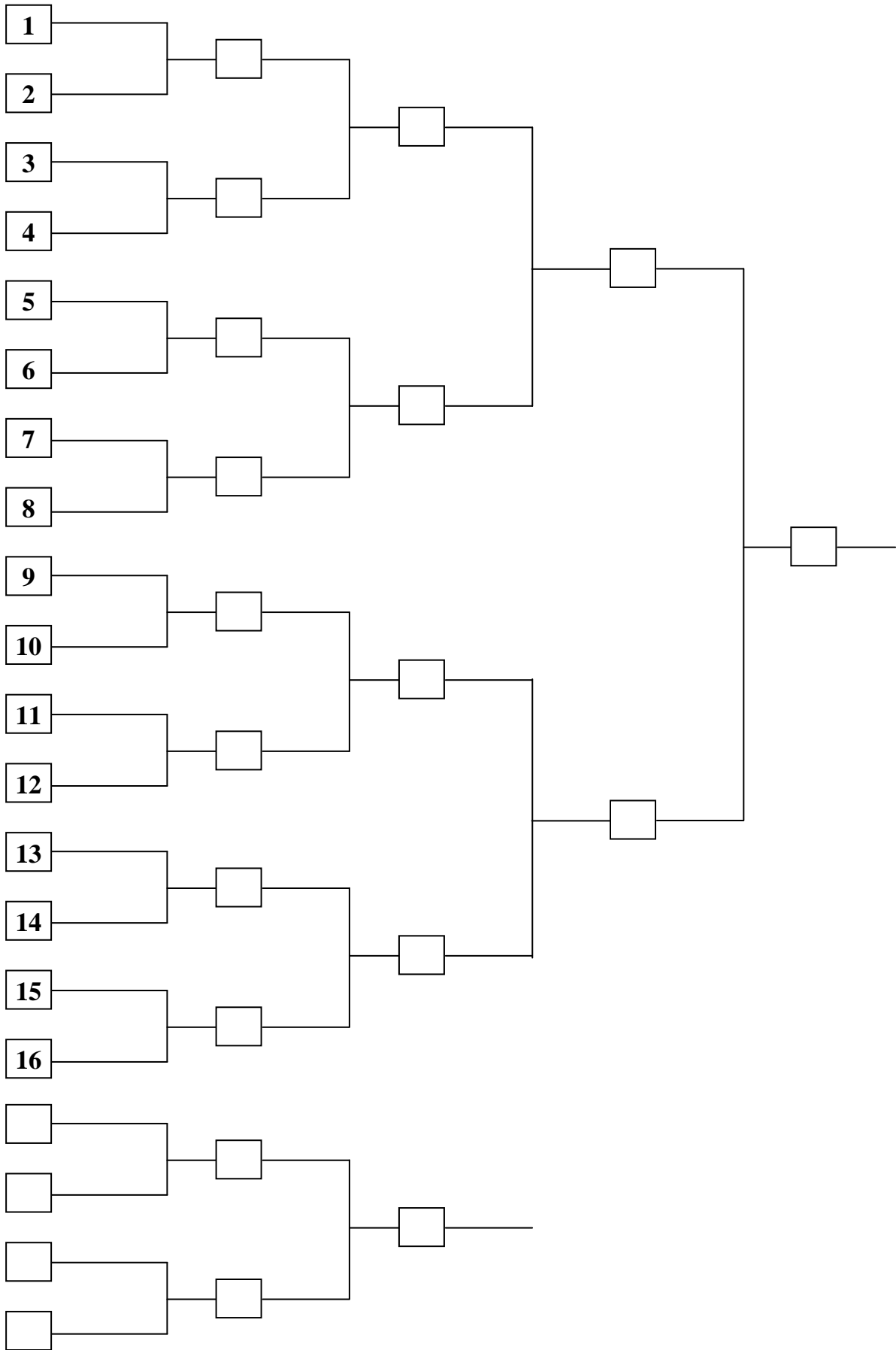
Tournament Chart



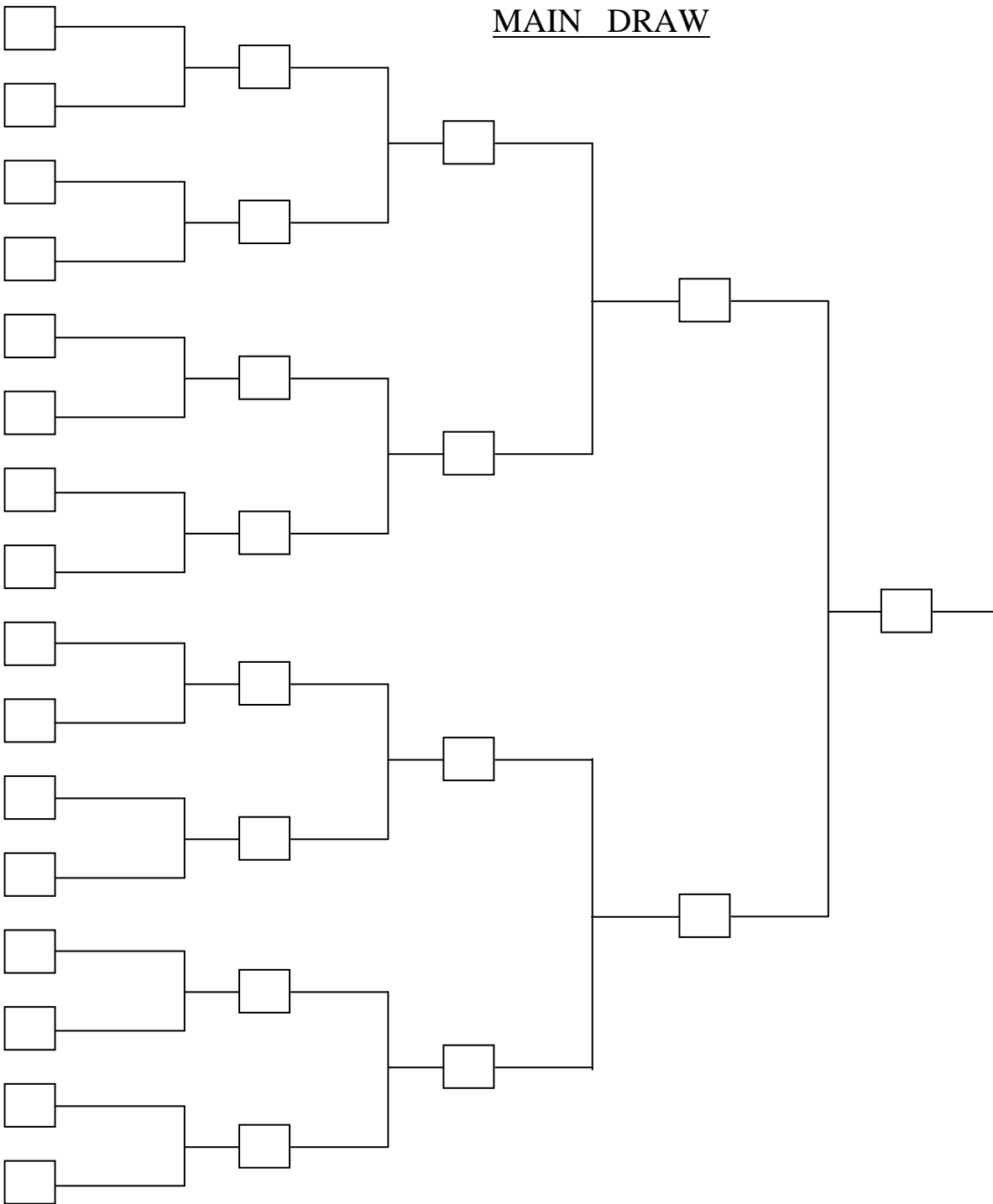
Tournament Chart



Tournament Chart



MAIN DRAW



SPECIAL Activity Conclusion

Use these choices that you have made to give you clarity and peace and to minimize regret when you make hard choices between 2 or more good choices and when you say “No” to something important to say “Yes” to something that is more important or ***more than important.***

Understand that things will and should change over time. And at such time, you should reconsider your priorities.