

PREFACE

Hi!

Welcome to The Purpose Discovery Workbook, which is a resource that helps you to 'discover your purpose' in simple steps in less than 30 minutes.

This resource will help you find your core passion and then, align it with what you consider to be your core abilities so that you can achieve purpose, which is what you really want to spend the rest of your life doing or what you want to start doing right away (if you are not in it already).

I and so many passionate individuals have used this tool and I can say it categorically that it will open your mind's eye to what is possible.

I must warn you though, you need to be ready to do some deep thinking and exercises if you want to get your answers.

To get the most from this workbook, I suggest you print it out and fill in the sheets appropriately.

Let's get started!

But before then, let's be clear on something...

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THE PURPOSE DISCOVERY WORKBOOK

PART 1

The Personal Test *(this is your personal awareness of your passion)*

1. What are the top 2 things you love to do generally?
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2. What is the one thing you know you can do better or faster than the average person out there?
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3. What subject matter dominates your library/reading?
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4. What kind of pictures do you save on social media?
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5. What is the recurrent theme in your messages or posts on social media?
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6. What is the level of expertise you have mastered?
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7. What have you done in the past that you enjoyed and wished you could go back to doing?
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8. What things do you find yourself doing seamlessly or effortlessly but others admire you greatly for it?
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9. What is the one thing you can talk about endlessly without getting tired?
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10. If you had only one chance to solve a particular problem for millions of people, what would the solution be?
.....
.....

The People Test (*this simply means what those around you are saying*)

1. What problems do your friends and family consider you a solution to?
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2. What services have you offered for free that someone thanked you for or appreciated you for but to you it was nothing?
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3. What do people say you are good at and maybe hint you go into as a business?
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4. If you had the power to meet 2 legends you believe can help you in life, who are they and what specific things would you like to learn from them?
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5. Imagine you are talking to a crowd in their thousands, what are you likely to be talking about?
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.....

The Future Test (*where you see yourself in the future?*)

1. If you could get certifications or awards in specific areas of life, what would it be?
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2. When you think of yourself 10/20 years from now, who do you see yourself as?
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3. If you could stamp your name on one thing in life as a founder, what would it be?
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4. If you find yourself ever writing a bestselling book which impacts millions of people, what would it be about?
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5. When you die, what do you want the world to remember you for?

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KEY: If you have one answer occurring more than 5 times, you may want to look deeper into this and then, see how you can actually build a business around it.

If you are not sure if it would be a good idea to start a business around it, visit Google and type in the word and 'business' right in front of it to see the business options available to you in that field. Then be sure to use the **Successful Business Idea Validator** to validate it.

PART 2

The Ability Test

What unusual or uncommon abilities do you have that people admire you greatly for even though you think it is absolutely normal?

Write out your top 3 natural abilities as you may have experienced.

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- Entertainment Ability: To perform, act, speak, sing
- Recruitment Ability: To enlist and motivate people to get involved
- Interview Ability: To discover what others are really like
- Researching Ability: to read, gather information, collect data
- Artistic Ability: to create and design
- Graphics Ability: to lay out, design, create visual displays or banners
- Evaluating Ability: To analyse data and draw conclusions
- Planning Ability: to strategize, design and organize programs and events
- Managing Ability: to supervise people to accomplish a task or event and coordinate the details
- Counselling/ Encouraging Ability: to listen, encourage and guide with sensitivity
- Athletic Ability: to coach or participate in a sport
- Teaching Ability: to explain, train, demonstrate, tutor
- Repairing: to fix, restore, maintain
- Hobby related ability: to work with your hands such as knitting, cooking, repairing etc.
- Feeding Ability: to create meals for large or small groups
- Recall Ability: to remember to recall names and faces
- Mechanical Operating Ability: to operate equipment, tools, and machine
- Technical Ability: to operate/ repair equipment
- Resourceful Ability: to search out and find inexpensive materials or resources need
- Counting Ability: to work with numbers, data, and money
- Classifying Ability: to systematize and file books, data, records and materials so they can be retrieved easily
- Public Relations Ability: to handle complaints and unhappy people with care and maturity
- Welcoming Ability: to convey warmth, develop rapport, make others feel comfortable
- Musical Ability: to sing or play musical instrument

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- Linguistic Ability: to speak and write in many languages
- Writing Ability: to write articles, letters, books
- Editing Ability: to proofread or rewrite
- Promoting Ability: to advertise or promote events and activities
- Landscaping Ability: to do gardening and work on plants.
- Decorating Ability: to beautify a setting
- Others

Right away, come up with at most 5 of the above abilities that you know you are currently good at.

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Industry Test

Which of these 16 Basic areas of human / societal needs do you have strong interest in?

- Feeding
- Technology
- Value system, honour & respect
- Accommodation
- Education
- Productivity
- Clothing and fashion
- Fun, leisure, & entertainment
- Sports
- Relationship and Love
- Beauty
- Business and finance
- Health
- Self-actualisation
- Transportation
- Security

Instruction: Write 3 industries in which you feel you can make the greatest impact. I strongly advise that you should not pick more than 3 in any of the sections below and ensure you list them in their order of importance. Go through the list carefully and pick your top 3 according to priority.

Write them here:

.....

.....

.....

The Impact Test

Which of these PEOPLE do you feel you can make the greatest impact on? This section is to enable you go deeper and streamline your area of passion as it relates to who you think will be impacted the most with your passion. This can be as a result of your experience or the information you think you currently have at your disposal.

- Infant/Babies
- Toddlers
- Preschool Children
- Elementary Children
- Junior High Students
- High School/College students
- Career people
- Children with disabilities
- Young couples
- Women
- Men
- Singles
- Single Parents
- Families
- Matured Couples
- Older Adults 60+

**Do not choose more than 3 categories

Write the 3 categories below:

.....
.....
.....

The Cause Test

If you want your name to be implanted in any cause of life, what cause will it be? What topic do you get excited about that you often find yourself talking endlessly about it?

Go through the list carefully and select your top 3.

- Parenting
- Families/ Marriage
- At-Risk Children
- Abuse/ Violence
- Financial Management
- Divorce Recovery
- Disabilities and / or Support
- Deafness
- Blindness
- Law and/ or Justice System
- Sanctity of Life Issues
- Homelessness Issues
- Drug and Alcohol Recovery
- Compulsive Behaviour Recovery
- Illness and/or Injury
- Sexuality and / or Gender Issues
- Education
- Religion
- Policy and/ or Politics
- Business and Economy
- Race
- Relief Efforts
- Ethics
- Health and/or Fitness
- Science and Technology
- Environment
- International and Global Affairs
- Regional, State or Federal
- Community/Neighbourhood
- Marketing and Sales

**This is not an exhaustive list so feel free to include what may not be here.

Write out 3 of the following CAUSES you feel you want to champion.

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Key: We can then conclude that your gifts are the results you have from your **Ability Test** and you can deploy them in the industries you have selected with the people you enjoy working with to promote what you are passionate about.

You can further niche down by selecting only one of each category. For example, I say my own purpose is related but not limited to 'using my teaching, writing, planning and managing abilities to transform (through fresh knowledge and innovation) individuals in the business and economic sphere to become self-actualized and be the best they can ever be.'

Now, I know this can sound a bit awkward at first, but trust me, if you did these exercises truthfully, you are most likely closer to the truth than not.

CONCLUSION

Please note that your results here do not expressly mean I am giving an expert opinion as a purpose coach on what you should be doing with your life. This is because it is possible you missed giving an accurate answer or there may be some other parameters yet to be considered in your case. You may want to book a proper consultation session with me for a full diagnosis of your situation by sending a mail to temi@temiajibewa.com or visit www.temiajibewa.com/consultation

YOUR NEXT SUCCESS STEP

If you're ready to take your discovery from this workbook to the next level as a coach or consultant, then you should sign up for [**The Business of Your Brand Program**](#) where you'll get the complete blueprint for building a highly successful online business around your purpose, knowledge, expertise or experience. Visit www.businessofyourbrand.com for the full details.