

Purpose Exploration

Finding and living in alignment with what makes you come alive

Purpose is not something you find. It's something you uncover — layer by layer, by paying attention to what makes you come alive, what makes you angry, and what you keep returning to.

THE IKIGAI FRAMEWORK

Ikigai is a Japanese concept meaning 'reason for being'. It lives at the intersection of four questions:

- What do you LOVE? (what makes you lose track of time, what lights you up)
- What are you GOOD AT? (your natural strengths, your skills)
- What does the WORLD NEED? (what problems can you help solve?)
- What can you be PAID FOR? (what is someone willing to exchange for?)

The overlap of all four is your Ikigai. But purpose doesn't have to be grand — it can be a way of being, a quality you bring to everything.

REFLECTION EXERCISES

1. The Anger Audit

What makes you genuinely angry about the world? Your righteous anger is a clue to what you care about most deeply — and often points directly at what you're here to contribute.

2. Peak Experience Inventory

List 10 peak experiences from your life — moments when you felt most fully alive. Look for patterns: what were you doing? Who were you with? What were you contributing?

3. The Deathbed Question

At the end of a long, well-lived life — what would you need to have done, experienced, or contributed for it to feel meaningful?

4. The Thank You Letter

Write a letter from someone whose life was changed by you at your best. What do they thank you for? What difference did you make?

5. The Headline

If there was a headline about the difference you made in the world, what would it say? Write three and see which



Do no harm. Take no shit.

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resonates most strongly in your body.

— A GENTLE NOTE

Purpose often reveals itself through movement, not through thinking. Take one small action in a direction that feels meaningful. Notice how it feels. That felt sense is information.

You don't need to have it all figured out. Purpose is a direction and a quality of presence — not a destination.