



METROPOLITAN MARRIAGE & FAMILY THERAPY, PLLC
www.MetroRelationship.com

Find Your Purpose

Create a Great Life of Fulfillment and Happiness



Did you know that you can have a great relationship and life? You can have an epic love affair with your partner and live your best life? This has to do with moving from mediocre or comfortable to really going for it, it requires grit and purpose. Don't just settle for a good when you can have great! Find out your purpose and how to live a meaningful life with your partner.

A - Sort the statements below into these three categories, using the exact number of statements noted for each category:

- "Exactly Like Me" (3 statements)
- "Not At All Like Me" (3 statements)
- "Neither Like Me or Not Like Me" (remaining 7 statements)

1. Promoting my political beliefs is very important to me

2. Volunteering is very important to me.

3. Finding a career that is consistent with my values and beliefs is very important to me.

4. Being there for my friends is very important to me.

5. Pursuing a calling, rather than just a job is very important to me

6. Serving my country is very important to me.

7. Helping others is very important to me.

8. Serving my family is very important to me.

9. Supporting social issues is very important to me.

10. Expressing myself through my artwork (ex. music, painting, etc.) is very important to me.

11. Living life according to my religious beliefs is very important to me.

12. Being a spiritual person is very important to me.

13. Being able to support a family of my own in the future is very important to me.

B - Now, list them in this order:

- "Exactly Like Me" (3 statements)
- "Not At All Like Me" (3 statements)
- "Neither Like Me or Not Like Me" (remaining 7 statements)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

The last three is where you'd want to place your focus and resources. **This is your Purpose, you might want to name it:**

All the other items sound pretty wonderful also, but if we tackle a lot of them without focusing on what is really important to us our efforts get diluted, our impact is minimized, and our satisfaction and well-being quotient take a hit...

C - Take an immediate action, integrate a new habit, have a conversation, cleanse and clear, and such to Align with your Purpose. Make sure to add an element of Giving Back...

- I. _____
- II. _____
- III. _____

Concept inspired by: [The Purpose Challenge](#)