

Possibilities Wheel*

Starting with VERBS at the top, work your way around the wheel. Use the prompt in each category to finishing the sentences. You may list several items for each category but strive to limit your list to your top three.

After completing the exercise, take time to reflect on what you've written. Make refinements as needed. When you're ready, craft your personal purpose statement.

To help you craft your purpose statement, use this simple format:

My purpose is TO _____ SO THAT _____.

The first blank represents your contribution you make to the lives of others through your purpose. And the second blank represents the impact of your contribution.



* - Possibilities Wheel inspired by AARP's Life Reimagined