



# Activity: The Purpose Recipe Part 1, Prepare Your Ingredients

**Time: 30 – 45 minutes**

This activity is all about getting your ingredients prepared so that you can work through the remaining parts of the Purpose Recipe.

## Step 1: List your passions

Make a list of your passions: what you love doing most of all.

For example, you might love coaching, volunteering, painting, music, traveling, solving problems, developing people, building careers.

Like flashes of lightning, your passions are what bring you uncontainable joy, energy, and enthusiasm.

## Step 2: Craft a passion statement

For each passion listed, craft a statement that clearly articulates or describes that passion using fifteen words or less. An example is listed below:

*To nourish the soul and awaken the spirit through food and flavor*

To support this effort, ask yourself the following questions:

- What is it about this activity/experience that really excites and energizes me?
- Why am I passionate about this?

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Use “the five whys” to help you. For every answer you give, keep asking yourself why until you’ve revealed what sits at the core of your passions, something more meaningful than because it’s fun or you like it.

### **Step 3: Highlight your life experiences**

Make a list of the pivotal moments in your life that contributed to or influenced your passions.

What you’re looking for are those moments when you saw sparks or flashes of light because of the energy of the experience. You could call these your “lightning moments.” This could be a time from your childhood, the first game you coached, or the first time you led a successful project, for example.

### **Step 4: List your strengths and core values**

You’ve already done the hard work of identifying strengths and core values in Chapters 4 and 6.

All you have to do here is list them. This will ensure that you can easily access them for the following steps in the recipe.

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