



Activity: The Purpose Recipe Part 2, Combine Your Ingredients

Time: 20 – 30 minutes

Now that you've prepared your ingredients, it's time to combine them. This is where you get to connect the dots and determine how your passions connect with your strengths and core values.

Step 1: Select a passion to focus on

You might have identified several things that you're passionate about. However, for these next steps, you'll need to focus on one passion at a time. Select one passion to focus on.

Step 2: Connect with your strengths

In the previous activity, you identified some life experiences that connect with this passion. So in this step, you're working to determine how your strengths are connected with this passion. For each of your top five strengths, describe how it enables you to live your passion.

Step 3: Align with your values

This step is all about identifying how your passion aligns with your core values. Define how your passion aligns with each of your top five values.

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