

# The Purpose Alignment Worksheet

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*A practical way to stop procrastinating and start acting—on purpose*

Below is a practical, fill-in purpose worksheet designed specifically to align with the Integrated Values Iceberg.

It's written for B2C use, simple enough to use solo, but deep enough to uncover real motivation. You can use this as:

- A *printable worksheet*
- A *guided reflection in coaching*
- A *companion exercise to Listening – A Guide to Building Deeper Connections*

## How to Use This Worksheet

This worksheet works from the bottom of the Iceberg up.

That's important.

Most people start with goals and outcomes.

This worksheet starts with purpose, because purpose is the deepest driver of motivation.

Choose one specific area of your life to work on:

- Parenting
- Health
- Career
- A relationship
- A habit or behaviour
- Sport or performance

*Do not try to do your whole life at once.*

## Step 1: Define the Context

The specific area of my life I want to work on is: \_\_\_\_\_

Example:

"My health"

"My role as a parent"

"My career direction"

"My relationship with my partner"

## Step 2: Purpose (The Deepest Level)

This is your why.

It should feel meaningful, motivating, and bigger than just "getting something."

**Ask yourself:**

- Why does this matter to me?
- Who else benefits if I do this well?
- What kind of contribution am I trying to make?
- What would feel deeply disappointing if I ignored this?

*My deeper purpose in this area is:*

 **Check:**

If this feels flat, generic, or purely material, go deeper.

Purpose should pull you forward—not just sound good.



### Step 3: Identity – Who Do I Need to Be?

Purpose drives identity.

Ask:

- If I was truly living this purpose, who would I be?
- What character traits would I consistently demonstrate?

*Think in terms of qualities, not behaviours yet.*

Examples:

- Calm
- Present
- Courageous
- Disciplined
- Compassionate
- Responsible

*To live this purpose, I need to be someone who is:*

### Step 4: Mindsets & Beliefs

Now ask:

- How would this person think?
- What beliefs would support this purpose?
- What unhelpful beliefs might I need to challenge?

*Helpful mindsets I need to adopt:*

*Limiting beliefs I may need to let go of:*

### Step 5: Behaviours

This is where purpose becomes visible.

Ask:

- If I truly believed this purpose mattered, what would I do differently?
- What behaviours would be non-negotiable?
- What behaviours would need to stop?

*Behaviours I need to prioritise:*

*Behaviours I need to reduce or stop:*



## Step 6: Outcomes & Targets

Now—and only now—define outcomes.

Ask:

- What outcomes would show I’m living this purpose?
- How will I know I’m on track?

Keep these realistic and meaningful.

*The outcomes that matter most are:*

## Step 7: Motivation Check (Critical)

Answer honestly.

- Does my purpose genuinely move me?
- Does it feel worth the effort?
- Would this still matter when things get uncomfortable?

On a scale of 1–10, my motivation feels like: \_\_ / 10

*If it’s below 7, go back to Step 2.  
Weak purpose = procrastination.*

## Final Reflection

Complete this sentence:

*“If I truly lived this purpose, my life would be different because...”*

### Why This Works

This worksheet aligns:

- Purpose
- Identity
- Mindset
- Behaviour
- Outcomes

When these levels are integrated, your unconscious supports the change instead of resisting it.

*That’s why motivation increases.  
That’s why procrastination decreases.  
That’s why change becomes sustainable.*