

Date: _____

Self-Reflection Activity: Beyond-the-Self Purpose

Purpose is a long-term intention to accomplish goals that are meaningful to the self and the broader world. *Beyond-the-self purpose* is inspired by a moral desire to make the world a better place.

Think about your experiences **in the past 7 days**. Did you feel motivated to make the world a better place last week? On a **scale from 1-10** (1 = strongly disagree, 10 = strongly agree), rate how much you agree with each of the following statements to identify your current thoughts, feelings, and behaviors related to your *beyond-the-self purpose*.

Rating

- _____ 1. Last week, I hoped to leave the world better than I found it.
- _____ 2. Last week, I found myself hoping that I would make a meaningful contribution to the broader world.
- _____ 3. Last week, I found it important to make the world a better place in some way.
- _____ 4. Throughout last week, I hoped the work I did positively influenced others.

Digging Deeper

Based on your ratings above, how satisfied are you with the beyond-the-self orientation of your purpose? Explain your reasoning.

What is your purpose? Is your purpose motivated by a beyond-the-self orientation?

How do you typically live out your beyond-the-self purpose in day-to-day life?

Consider a past or current role model/mentor. What is admirable about the way they live out their beyond-the-self purpose?

When you struggle, how might having a beyond-the-self purpose help you persist?

The Extra Mile

If you feel up to the challenge, we invite you to tackle one of the following growth activities. These may take more time or push you out of your comfort zone, but meaningful engagement is a worthy investment. Good luck!

1. Have you ever lost sight of your purpose or how your purpose reaches beyond yourself? In a journal or on a separate piece of paper, write about a time when you found yourself acting out of alignment with the purpose you identified earlier. How does having a beyond-the-self purpose help guide your decisions and behavior?
2. Take more time to reflect on your beyond-the-self purpose. Make a list of some things you can do to live out your purpose and make a meaningful difference in the world. You can list things you're already doing, but we challenge you to consider new ways to serve your purpose to the broader world.