

MENTAL & EMOTIONAL

PURPOSE DRIVEN

THE ONE-WEEK PURPOSE EXPERIMENT

THE PROBLEM

You can stay busy for years and still feel directionless when obligation, survival, ambition, and genuine purpose all get mixed together.

1 SORT THE NOISE

Name what is driving your time before deciding what deserves more of it.

- ☐ Obligation
- ☐ Survival
- ☐ Ambition
- ☐ Genuine purpose

MOST OF MY TIME GOES TO: _____

2 FIND THE PATTERN

Purpose leaves clues in what matters, what comes naturally, and what keeps returning.

VALUES: _____

STRENGTHS: _____

RECURRING THEMES: _____

WHO IT COULD HELP: _____

3 CHOOSE ONE TEST

Do not wait for certainty. Run a small experiment and notice the result.

- ☐ Class
- ☐ Volunteer role
- ☐ Career move
- ☐ Creative project
- ☐ Service

MY EXPERIMENT: _____

THE ONE-WEEK PURPOSE EXPERIMENT

Use seven days to gather evidence about what gives your life direction.

DAY 1
NOTICE

DAY 2
NAME VALUE

DAY 3
USE STRENGTH

DAY 4
TRY IT

DAY 5
ASK

DAY 6
ADJUST

DAY 7
DECIDE

THE NEXT STEP I WILL KEEP: _____

WHO CAN HELP?

Church, college, career counselor, coach, nonprofit leader, employer, or author.

BRING THIS TOOL
TO THE CONVERSATION.

STOP CHASING BUSY. START TESTING PURPOSE.

Get the free PDF at ampmultimediallc.com

AMP TV NETWORK | SOLUTIONS | Helping the People Who Help People

General educational worksheet only. It is not a diagnosis or a substitute for professional mental-health care.