

# You, Refined

THE DISTILLERY PODCAST

# Purpose Journal

Move towards knowing yourself and your  
unique purpose.

What is Purpose?

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*Your understanding of why you exist and what you uniquely have to offer the world that aligns with who you are (your wiring, beliefs, gifts, passions and values).*

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# Introduction

*The following pages are intended as a companion to the first few episodes of The Distillery Podcast. This is not an all encompassing guide that will bring you from 0 to a perfect 10; it's a tool to help you start wherever you are and move a few steps further towards understanding who you are and your unique purpose.*

Internal reflection is highly valuable and this type of work always needs to strike a faithful balance between your own understanding and the insight and wisdom of those around you. I say this hesitantly as there are certainly times when those around a person all seem unable to see what that person sees, as well as times when a person is very confident in what they want to do and needs people in their life to help them see a different reality. Be wise and discerning as to what you're discovering and who around you is trustworthy to help you process well.

Each section focuses on a few potent exercises/questions to get you started in the right direction as you take intentional steps towards understanding yourself more deeply and using that information to gain clarity in articulating your unique purpose. This journal is a primer, not an all encompassing resource. I hope that wherever you're at, moving through these questions and exercises will help you deepen your understanding of yourself and the work you have to do in the world.

## **How to use this resource**

Make a plan and stick to it. Carve out an hour per day or week. Set aside an entire day or weekend. Discern what method will work best for you, write down your plan and stick to it! *And it's okay if you need to create more than one plan along the way.*

There's relatively little space to write your thoughts after the questions below. I encourage you to give yourself additional processing space. I love the ease of computers and typing, and this may be one area where the value of physically writing your thoughts outweighs the ease of electronics. That said, *the most beneficial method is the one YOU will actually use.*

When you've completed the journal you may feel ready to craft your own purpose statement; if so, go for it! If not, that's ok too! Crafting one guiding sentence can be difficult or intimidating to engage on your own, but wherever you end up **I hope you'll have a clearer sense of why you're here and what matters most to you as you seek to live a life you're proud of.**

# Purpose Journal

## *First Steps*

### **Know yourself to discern your purpose.**

This resource contains a broad picture exercise (lifeline) as well as coaching questions around the five areas that make up who you are: wiring, beliefs, gifts, passion and values. As you begin take a few minutes to first reflect on the questions below.

How well do you feel you know yourself today?

On a scale of 1 to 10 (1 being low, 10 being high) how confident are you right now that you know your purpose and can articulate it clearly to yourself and others?

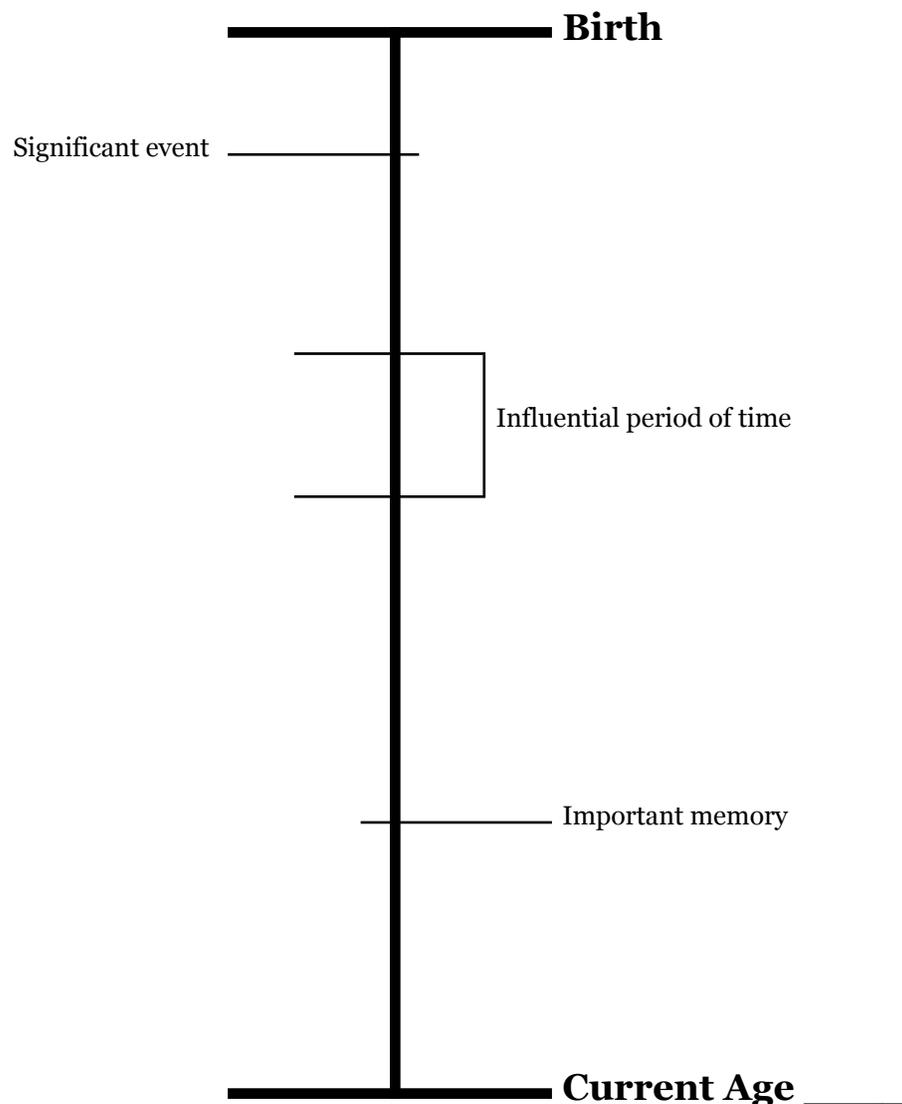
What do you hope to gain by engaging in this resource? Why is it important to you to spend your time on this work?

How do you plan to engage the following exercises and questions? I encourage you to create a plan that gives you at least a few processing days between the bulk of the journal and the final wrap up section. Write down your plan and as much as you can, stick to it! (And give yourself grace if the need arises to create a new plan!)

# Lifeline

Some truths are revealed most clearly in looking back at trends over time. These things can be hard to find before being noticed in the context of a person's life. Take some time to map out your life thus far. I encourage you to duplicate the basic structure below on a larger piece of paper. You've lived a lot more life than the few inches below can show.

There's no "right" or "wrong" way to engage this exercise. **As you think back over your life, from the beginning until now, what sticks out to you?** What significant events changed or shaped you (good or bad, whether something you remember or know through family story)? Are there activities or areas of passion you've been involved in throughout your life? Can you remember how those started or continued? Whatever sticks out to you place on your timeline without judgment. *Read and engage the Lifeline questions only once you feel the exercise is complete.*



## Lifeline Questions

*How was the process of filling out the lifeline? Did you rush through it in 20 minutes or less? Did you stare at it for hours wondering what to write? Something in between? What can you learn about yourself from how you answered the questions above?*

*Does your timeline include information about your demographics (gender, race, geographical location, family makeup, socio-economic status growing up and now, type of school(s) attended, etc.)? Take some time now to add any of these things not currently on your timeline.*

*\*How have your demographics shaped who you are and the perspective you have in various areas of your life?*

*As you look back over your completed timeline what sticks out to you? Do you notice any themes or patterns? Write them down.*

*Has this exercise revealed anything new to you or confirmed knowledge you already had in some way?*

*Your life is a gift. Take a few minutes to write down what you are most grateful for as you look at your timeline and the things that have shaped who you are now.*

# Wiring

This is your personality. The core traits it seems you were born with. How you naturally show up and interact with the world around you.

*Have you taken any personality assessment (DiSC, MBTI/ Myers-Briggs, \*Enneagram, etc.)? If so, what did you learn about your wiring?*

*\*I personally have found the enneagram the most useful of many personality type tools I've engaged over the years. I highly encouraged you to learn more about this tool if you haven't already. You can find online assessments but their accuracy is debatable. A great place to start is by reading the book The Road Back to You: An Enneagram Journey to Self-Discover by Ian Morgan Cron and Suzanne Stabile.*

*What kind of kid were you in school? What came easily? What was difficult? Are there patterns or approaches to learning as a child in school that are still present today? If so, what can you learn about your wiring from those patterns?*

*When you go to a party, conference or other event how do you enter the space? Think of a big group scene in a movie you enjoy, what character are you most like in similar situations? Be sure you answer truthfully as you actually are, not as you wish you were. What does this tell you about your wiring?*

*Below are a few simple spectrums of personality, place an X along the spectrum wherever you'd place yourself:*

- Cheerful.....Serious
- Process decision maker.....Intuitive decision maker
- Organized.....Disorganized
- Carefree.....Melancholy
- Trusting.....Skeptical
- Verbal processor.....Internal processor
- Inward focused.....Outward focused
- Intellect processor.....Gut/Emotion processor
- Go with the flow.....Plan ahead

*How quickly and confidently were you able to place yourself on the spectrums above? What can that reveal to you about your wiring?*

# *Beliefs*

The unprovable things you know about life, yourself and the world around you. Things you know to be true simply because you know. Beliefs are often revealed in your behavior; this is because we all hold a mixture of known beliefs we can name and hidden beliefs that often unknowingly shape our behavior. Unlike wiring which is fairly stationary, beliefs can shift and change over time.

*Some naturally equate beliefs with religious/spiritual beliefs, yet this is just one area in which beliefs are held. People also hold beliefs about themselves, other people/the world around them, family, culture and more. As you think about these areas of your life what are some of your own beliefs that come to mind?*

*Why do you think you hold the beliefs you wrote down? Where do they come from?*

*Have the beliefs you've written down served you well? Are there any beliefs you've started questioning or that have changed over time?*

*Can you identify one belief that is unhelpful? What would it look like for you to intentionally change that belief? Why might this be important work for you to do?*

# *Gifts*

Activities or areas of life that come easily to you. What you have an inherent knack for, even if it's also something you've worked to develop over time. Be aware, it's often hard to see your own gifts because they're somewhat effortless for you, making it easy to assume it's the same for others and downplay their value.

*What are your gifts?*

*How do you feel reading that question? Is it easy or difficult for you to name your own gifts? Why do you think that is?*

*Consider your siblings, neighbors, schoolmates, etc. growing up, can you think of a person or two who seemed to have a knack or gifting for something in particular? What was it? What makes you confident that was a gift of that person's?*

*What came more easily to you than the person/people above? What do you think those individuals would say are your gifts?*

*How confident are you that you have a good grasp on what your gifts actually are? If your confidence is lower than you'd like how can you grow your confidence in this area? Do you need to spend more time processing, ask some people close to you what they see, or something else?*

# *Passions*

What do you just love deep down in your gut? Passions can be activities even if you have little to no skill, or areas where you have little to no experience, yet there's something about it that just grabs you and draws you in...

*Reading the above definition is there anything that jumps out as a clear passion of yours?*

*Are there things you've always loved, or always wanted to try, but haven't thought of in quite a while? What could those things reveal to you about your passions?*

*Are there particular types of stories, movies, political causes, other realities that tend to tug at your heart more deeply than others? Can you discern a common thread amongst those things?*

*If you've made some progress in discerning your passion(s) can you narrow it down even further?*

# Values

The characteristics, qualities and other things that are important to you. The traits that draw you to other people, that you desire to see within yourself and the people and organizations you interact with. Unlike with beliefs - where actions can reveal hidden beliefs - actions, in relation to values, give more nuanced information. Your actions may reveal you don't value something you think you're supposed to value, or that your life is out of alignment with your actual values in some way, or something else.

*What traits do you most desire to see and develop within yourself?*

*What traits do you most appreciate seeing in others?*

*Are there commonalities between your answers to the questions above that help you see or express some of your core values?*

*Are there past choices, actions, etc. that show you additional values of yours that you haven't yet expressed? Or chronic misalignment with the values you actually hold?*

*Imagine reading your own eulogy. What do you hope will be said about you and what does this reveal to you about what you most value (or most want to value)?*

## Wrap Up

You've done a lot of great work! Regardless of the pattern you've used to engage the journal, **give yourself some space**, ideally a couple days to a week, before working through these final questions. If you need to forge ahead take at least an hour to do something different - go for a walk, cook dinner, take a nap - before continuing on to this last section.

\*After completing your wrap up I'd love to hear your thoughts! What was helpful? What can be improved? Did you find any typos that drove you nuts? Send your feedback to [thedistillerypodcast@gmail.com](mailto:thedistillerypodcast@gmail.com). Thank you!

*As you look over the work you've done what rings true and what feels rushed or overly idealistic?*

*What area(s) do you feel the most confident with the processing you've done? What area(s) do you feel needs more time, deeper thought or perhaps outside help in discerning further?*

*What's your next step? List all the ways you can think of to continue this work you've started.*

*Now list 5 more ideas (trust me - you can do it! They don't have to be the best ideas ever, just 5 more ideas).*

*Of all the ideas above, which are you ready to commit to? Pick one or two. Who can hold you accountable? How will you know you've followed through on your commitment and when will you do this by?*