

PURPOSE

THE RELATIONSHIP
BETWEEN PURPOSE AND
MOTIVATION

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TO BEGIN THE PROCESS OF ADDRESSING AND MANAGING YOUR SENSE OF PURPOSE, I WILL BEGIN BY REVIEWING THE RELATIONSHIP BETWEEN PURPOSE AND MOTIVATION WITH THE CLIENT. IN THIS STEP, IT IS IMPORTANT FOR YOU TO UNDERSTAND THAT AS A SENSE OF PURPOSE INCREASES, MOTIVATION INCREASES AS WELL, AND LACKING PURPOSE, MOTIVATION SUFFERS. THE FOLLOWING PURPOSE/MOTIVATION SPECTRUM ILLUSTRATES THIS RELATIONSHIP.

Purpose/Motivation Spectrum



High purpose
High motivation

Low purpose
Low motivation

Examples

Feeling connected to those around you

**Feeling detached from those
around you**

**Feeling as if your efforts have a
measurable impact**

**Feeling as if your efforts do not
matter**

**Feeling as if your efforts are appreciated
by those around you**

**Feeling as if your efforts are not
appreciated by those around you**

IDENTIFY YOUR UNIQUE PURPOSE

While identifying unique sense of purpose can be somewhat challenging, it is a very important process. To help you with this, I ask you to utilize the following questions.

1. When you do feel most connected to those around you? _____
2. When do you feel as if your efforts matter the most? _____
3. When do you feel as if your efforts are appreciated the most? _____
4. When do you feel as though your efforts have the most impact? _____

CREATE CONCRETE STEPS TO INCREASE PURPOSE

Now that you are aware of the role that purpose plays in instilling motivation, and have become much more conscious of your own unique sense of purpose, you are ready to take steps toward increasing it. To help you with this, I am asking you to complete the following questions.

1. What steps can you take to increase the sense of connection to those around you? List three:

1. _____
2. _____
3. _____

2. What three steps can you take to increase the importance of your actions? List three:

1. _____
2. _____
3. _____

3. What three steps can you take to increase the appreciation your actions are given? List three:

1. _____
2. _____
3. _____

CONNECT PURPOSE TO LARGER CONTEXT

In terms of maintaining a sense of purpose, the act of connecting it to a larger context cannot be over-looked. Not only will this step solidify the process of identifying purpose, but it will also ensure that it is supported by the external environment. To help guide you through this last step, I will ask you to complete the following questions.

1. Who do you feel would most support your actions/efforts? _____

2. What steps can you take to connect yourself more to this person or organization?
List three:

1. _____

2. _____

3. _____

WHILE ESPECIALLY WITH PURPOSE, THE MANAGEMENT OF IT IS AN ONGOING PROCESS, COMPLETING THESE STEPS WILL GIVE YOU THE KNOWLEDGE AND SKILLS NEEDED TO IMPROVE YOUR SENSE OF MASTERY IMMEDIATELY AND DOWN THE ROAD AS WELL.

