

# CREATING THROUGH CANCER

## *Finding your Purpose* WORKSHEET

Find your *why*

What topics energise you?

What issues grieve you?

What drives you to action?

Find your *who*

Who do you relate to? (consider gender, age, marital status, home life, vocation)

Who seeks you out for advice?

What advice do you generally give?

Find your *you*

What unique experiences do you have to offer?

How have you experienced healing (physically or emotionally)?

What do you have a burning desire to share?

State your *purpose*

Your purpose is where your *why*, your *who* and your *you* intersect