

Activity #1 Finding Your Purpose in 15 Minutes

Readings: Drakeford, D. (2010) <i>Finding Your Purpose in 15 Minutes</i> . DSA, LLC Warren, R. (2012). <i>The purpose driven life: What on earth am I here for?</i> Zondervan.	
Activity	Step 1: Each participant should draw a large box and draw a cross inside to separate the box into four quadrants.
	Step 2: Write "People" in the first quadrant and answer the following question. Q: "Who are the people closest to your heart?" More specifically, "What is the group in <u>lack</u> or <u>need</u> that you are most drawn to helping via donations or volunteering?"
	Step 3: Write "Pain" in quadrant three directly under quadrant one, and answer the following question. Q: "What is the greatest pain you have experienced, and how does this relate to the 'people you listed in quadrant one? The point of the activity is that our purpose is birthed out of our pain. In many cases, our 'pain' helps us to identify with the lack or need of the group we have identified.
	Step 4: Draw a diagonal arrow from quadrant three up to quadrant two. Write the word "Peace" on the top of the new line created by the arrow. Under the new line answer the following question. Q: "What is your peace process for coping and dealing with the pain you experienced so that you don't take it out on yourself or those closest to you (i.e prayer, poetry therapy, exercise, etc.)?"
	Step 5: Write the words "Passion/Talent" in quadrant three (top right), and answer the following question. Q "What is your unique passion and talent that has come natural to you since you were a kid?" More specifically, "what is your gift?" After you complete this, write "Purpose" in quadrant four (bottom right)
	Step 6: Solve the following formula to provide more insight on your purpose and how you use your gift to help people. (People +Passion) ÷ Pain = Purpose. It reads "I utilize my [passion] to help these [people] alleviate of prevent this [pain] that I identify with
Discussion	How can I live out my purpose? How can we, as a group, give others room (space) to live out their purpose?