

■ Purpose Discovery Worksheet

Rediscover What Truly Matters in This New Season of Life (Reflect • Pray • Plan)

■■ Section 1: Reflection — Where You've Been

Take time to reflect on your journey so far.

- What are three experiences from your life that brought you deep fulfillment?
- What lessons have you learned through challenges or setbacks?
- What moments or seasons shaped your values the most?
- What are you most proud of accomplishing?
- Who have you impacted most through your work, family, or service?
- List five things you're thankful for in this stage of life.

■ Section 2: Prayer & Alignment — Where You Are

Find a peaceful place to pray and listen for God's direction.

"Lord, help me see how You've uniquely designed me for purpose beyond retirement. Show me where my gifts meet the world's needs. Give me clarity, peace, and direction as I step into what's next."

Reflect on what stirred in your heart during prayer:

■ Section 3: Purpose Mapping — Who You Are

Use this chart to find where your passions, skills, and opportunities intersect.

What You Love	What You're Good At	What the World Needs	How You Can Serve
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➡■ My Purpose Statement:

“In this season of life, I believe I am called to _____ by using my gifts in _____ to make a difference for _____.”

■ Section 4: Vision & Action — Where You’re Going

Define how you want to live out your purpose in this next season.

Category	Goal	Why It Matters	First Step
Faith			
Family			
Health			
Service			
Financial			

■ Section 5: Daily Alignment — Living It Out

Simple daily habits to live with purpose.

Morning Affirmation: “Today, I walk in peace, purpose, and gratitude for the new chapter God has given me.”

Evening Reflection: “Where did I live with purpose today? Where can I serve or love more tomorrow?”

†■ Final Thought

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” — Jeremiah 29:11

Your purpose didn’t end when your career did. It’s being refined — not retired.