

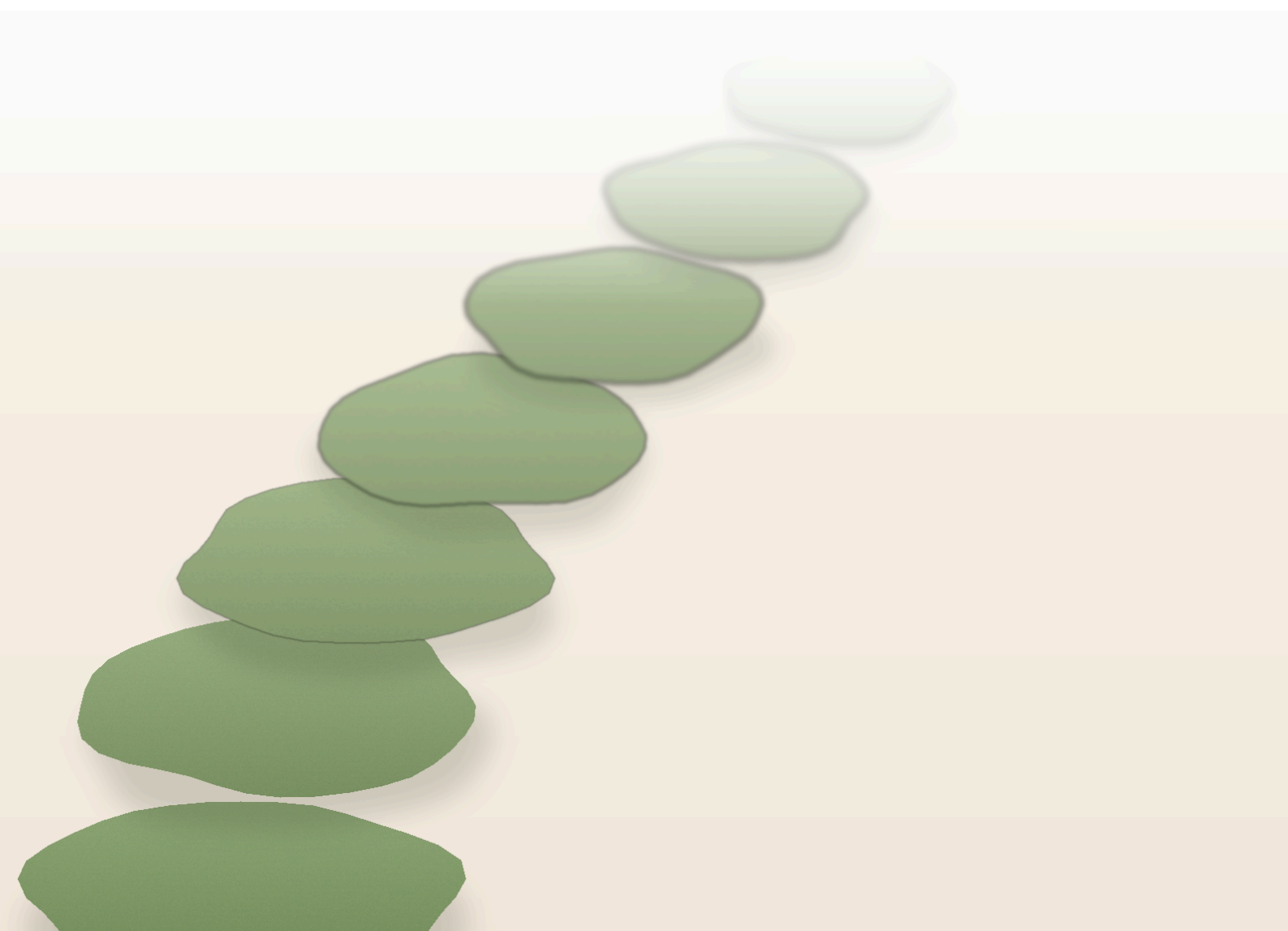


A FREE GUIDE

Purpose Clarity Guide

Five thoughtful questions to help you explore what could come next

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There are times when the question is no longer, “What can I do?”

It becomes more like:

“What do I want to do with what I’ve gained?”

Over time, you build up experience, capability, relationships, perspective and lessons. Some came through work or achievement. Others came through people, challenges, opportunities and ordinary life.

All of that gives you something to build upon.

This guide is an invitation to slow down for a little while and consider five questions that may help you recognise some of the clues already present in your life, and begin exploring where they might lead.

You don’t need to arrive at one perfect answer. You may finish with a clear next step. You may recognise several possibilities. Or you may notice something that deserves more attention than you’ve been giving it. Any of those can be useful.

Take the questions at your own pace, and write as much or as little as helps. What matters is noticing what begins to emerge when you give yourself some space to reflect.

How to use this guide. Read each question, then use the writing space after it. You can type straight into the boxes on screen, or print the pages and write by hand.

01

QUESTION 1

What have I already lived, learned and developed that I want to build upon?

It can be easy to overlook what you already bring with you.

Things you've done for years can feel ordinary because they've become familiar. Experience that once took effort can now seem almost automatic. And some of the most valuable things you've learned may never have appeared on a resume at all.

Think beyond qualifications and job titles. Consider what your work, relationships, community involvement, responsibilities, successes, disappointments and different seasons of life have taught you.

You might think about:

- experiences that have shaped how you see people or the world
- skills and capabilities you've developed along the way
- situations where others naturally turn to you for help or perspective
- lessons you've learned through things that went well, and things that didn't
- areas where your knowledge or experience has continued to deepen
- moments or activities that have felt particularly meaningful to you

Don't try to decide yet what all of this means for your future. For now, notice what is already there.

TAKE A MOMENT

Looking across your life so far, what experiences, capabilities, insights or lessons feel most worth carrying forward into whatever comes next?

Write down whatever comes to mind. Don't worry about organising it yet.

MORE SPACE, IF USEFUL

What have I already lived, learned and developed that I want to build upon?

02

QUESTION 2

What matters enough to deserve more of my attention now?

What matters to you can change as life changes.

Responsibilities shift. Relationships develop. New opportunities appear. Things that once needed a great deal of your attention may no longer need as much, while other interests, concerns or priorities begin to carry more weight.

Before thinking too far ahead, it can be helpful to notice where you are now.

Consider what is already taking your time and energy, what you value in this season of life, and what you find yourself returning to in your thoughts or conversations.

You might think about:

- the people, relationships or responsibilities that matter most to you now
- interests or ideas you keep coming back to
- parts of your life or work that still feel worthwhile and important
- what gives you energy at the moment, and what quietly drains it

There may also be commitments that are right for this season, even if they are not where you ultimately want to place more of your energy. The aim here isn't to rearrange your whole life. It's to become more aware of what deserves your attention now.

TAKE A MOMENT

If you were more intentional about where you gave your time, energy and attention in this season of life, what would you want to give more room to?

Write down what stands out. You don't need to decide what to do with it yet.

03

QUESTION 3

Where would I most like to contribute something worthwhile?

Once you've looked at what you bring with you, and at what matters to you now, this question turns outward.

Direction often becomes clearer when you consider not only what interests you, but where your experience, time, perspective or capabilities could be of value to others.

Contribution doesn't have to be large or public. It might involve people you already know, a community you care about, a cause that matters to you, or an area where you can see a genuine need.

You might think about:

- people or groups you feel naturally drawn towards
- needs or issues that keep capturing your attention
- situations where your experience or perspective could be useful
- the kind of difference you would be glad to have been part of

You don't need to know what your role would be yet. For now, it's enough to notice where you feel drawn to contribute.

TAKE A MOMENT

Where could your experience, capabilities or perspective bring something worthwhile to other people, a community or a cause that matters to you?

Write down the people, places, causes or possibilities that come to mind. You can explore what your contribution might look like later.

04

QUESTION 4

If the next chapter of your life felt meaningful and worthwhile, what might it look like?

You've reflected on what you bring with you, what matters now, and where you might like to contribute. This question gives you some space to imagine how those things could begin to come together.

You don't need to create a detailed plan. Think instead about the kind of life and contribution you would find meaningful.

You might consider:

- what you would like to spend more of your time doing
- the kind of people and surroundings you would like to be part of
- what you would hope was different because you became involved

Try not to limit your thinking too quickly by what seems practical today. You can work out what is possible later. For now, give yourself permission to picture what you would genuinely like to see take shape.

TAKE A MOMENT

If you looked ahead and saw yourself doing something meaningful with what you've gained, what would you hope that looked like?

Write down the picture that comes to mind. It doesn't need to be complete or certain.

QUESTION 5

Look back over what you've written across the previous four questions.

You don't need to turn any of this into a major decision.

TAKE A MOMENT

What stands out from what you've written, and what would you like to explore further?

Keep what you've written somewhere you can come back to. It often reads differently in a week or two.

Where to from here

Clarity about purpose rarely arrives all at once. It tends to unfold over time, as you notice, try things and reflect.

If it would be useful to keep going, there are a couple of ways:

Talk it through

Book a free 15–20 minute Purpose & Direction conversation with me, by phone or online. No obligation.

[Book a conversation](#)

Take it further

Discover Your Calling helps you explore your answers more deeply, clarify your direction and begin putting it into action, one Element at a time.

[Explore Discover Your Calling](#)

Whatever you choose, I hope this guide has given you something worth building on.

Rick Paget

Equipe Coaching



This guide is an invitation to reflect. It isn't counselling, therapy or professional advice.