

MODULE 3: A MAN'S PURPOSE

OVERVIEW

Everyone has a purpose--a reason for being. Many books have been published as guides to discovering one's purpose. This session is designed to stimulate thought, discussion, and movement that culminates in participant's realizing and/or acknowledging their purpose.

- Participants will reflect on several questions in an effort to discover their purpose.
- Participants will use analysis and synthesis to connect their responses to align actions with purpose.

LEARNING OUTCOME

MATERIALS/RESOURCES

Journals/Composition Notebooks, Pens/Pencils, The Hour Glass

ACTIVITY 1 Developing My Purpose Time: 15-20 minutes

Developing My Purpose

To develop a greater understanding of your specific purpose, please answer the following questions.

	The things I love to do:	
	I am passionate about the following things:	
	I am naturally good at doing the following things:	
	Things that are important to me are:	

ACTIVITY 2

Understanding My Purpose

Time: 20-30 minutes

Discussion Questions:

- What am I doing that reflects my purpose?
- Is my work life in line with my purpose?
- Is my lifestyle reflective of my purpose? If so, how? If not, what steps can I take to get on purpose?
- What tools/resources are available to help me stay on purpose?
- Who benefits when I live on purpose?
- What impact has “ego” made in your decision-making process?

ACTIVITY 3

Hour Glass Reflections

Time: 15 minutes



