



LIFE PURPOSE EXERCISE

This exercise involves sitting down and thinking about the type of life you truly want. It can be done once a year or more regularly – every 3 or 6 months. It can be done on your own or by enlisting the help of someone else and consists in identifying several time frames (short/medium/long term) and all the areas of your life you would like to explore (e.g. professional/financial/family, etc.)

Areas of your life	Short term	Medium term	Long term
University	Write plan for essay	Write 2,000 word essay for end of Term	Pass my first year with 2:1 overall grades.