

**THE PERSONAL PURPOSE**

Consider the purpose (the why) for each action. Then make it yours: how can you make this choice purposeful to you?

Example: *The purpose of studying: to retain the information taught at school.*

My purpose: *to improve my grades so that I can prove to myself that I'm capable.*

1. *The purpose of eating healthy:*

My purpose:

2. *The purpose of going to sleep on time:*

My purpose:

3. *The purpose of not talking back to teachers:*

My purpose:

4. *The purpose for exercising:*

My purpose:

5. *The purpose of taking care of friends:*

My purpose:

6. *The purpose of listening in class:*

My purpose:

7. *The purpose of not talking back to parents:*

My purpose:

8. *The purpose of developing perseverance:*

My purpose:

9. *The purpose of creativity:*

My purpose:

10. *The purpose of doing good and useful things when I do not feel like doing them:*

My purpose:

11. *The purpose of having the power of creativity:*  
My purpose:
  
12. *The purpose of being kind to others:*  
My purpose:
  
13. *The purpose of not gossiping:*  
My purpose:
  
14. *The purpose of doing good and useful things when I do not feel like doing them:*  
My purpose:
  
15. *The purpose of trying again even when you fail:*  
My purpose: