



Rhys Thomas
INSTITUTE



THE *Rhys*
METHOD®

Life Purpose Worksheet

1. **What kind of work have you done throughout your life?**
(paper route, baby sitting, sales, teaching, mothering/fathering, managing, consulting, service business, healing, speaking, etc.)

2. **Who do you generally work with? What kind of people come to you and need what you have to offer?**

3. **Was there a common theme or a primary way you have always liked to share your gifts? List them here.**
(teach, inspire, heal, empower, organize, caretake, create, feel, energize, awaken, guide, model, challenge, coach, offer safe space, love, validate, support from behind, listening, artistic, enthusiasm, nurture, play, etc.)



Rhys Thomas
INSTITUTE



THE *Rhys*
METHOD®

- 4. What is the transformation or inner shift that happens in people who work with you or spend time with you when you are at your best? What do you really deliver that changes them for the better? What would they say they get from working with you?**

(this is not your product or service, it is how you personally affect people who come to you for your service or product. People don't work with you for what you do; they work with you for who you are and how you inspire them. See handout of deliverable examples.)

- 5. What is your life purpose? Your life purpose is the gift that you give to others that only you can give.**

- Your life purpose statement comes from the answer to #4.
- Simply take the answer to #4 and put it in this sentence:
- "I show (help, guide, teach, inspire, etc) people how to _____."