

## Purpose activity

*“Purpose is something that can be found not given”*

Dan Cable

**Step 1 :** Take a piece of paper and think about answering these questions to give yourself a personal purpose

- Think about your current job
- What do you do?
- Why do you do it?
- Who do you serve ?
- What is the point?
- What happens if you don't do it?
- What's the feeling you get from doing it?

Remember purpose is *“When you Look in the eye of the customer and see how it emotionally helps them”*

**Step 2:** Draw or write something that answers these questions.

**Step 3:** Step How can you remind yourself of this every day?

### References:

Eat Sleep Work Repeat: Work Undone: what happens now? A discussion with Prof Dan Cable  
<https://eatsleepworkrepeat.com/work-undone-what-happens-now-a-discussion-with-prof-dan-cable/>  
<https://bigthink.com/videos/define-your-purpose>  
<https://hbr.org/2019/10/helping-your-team-feel-the-purpose-in-their-work>