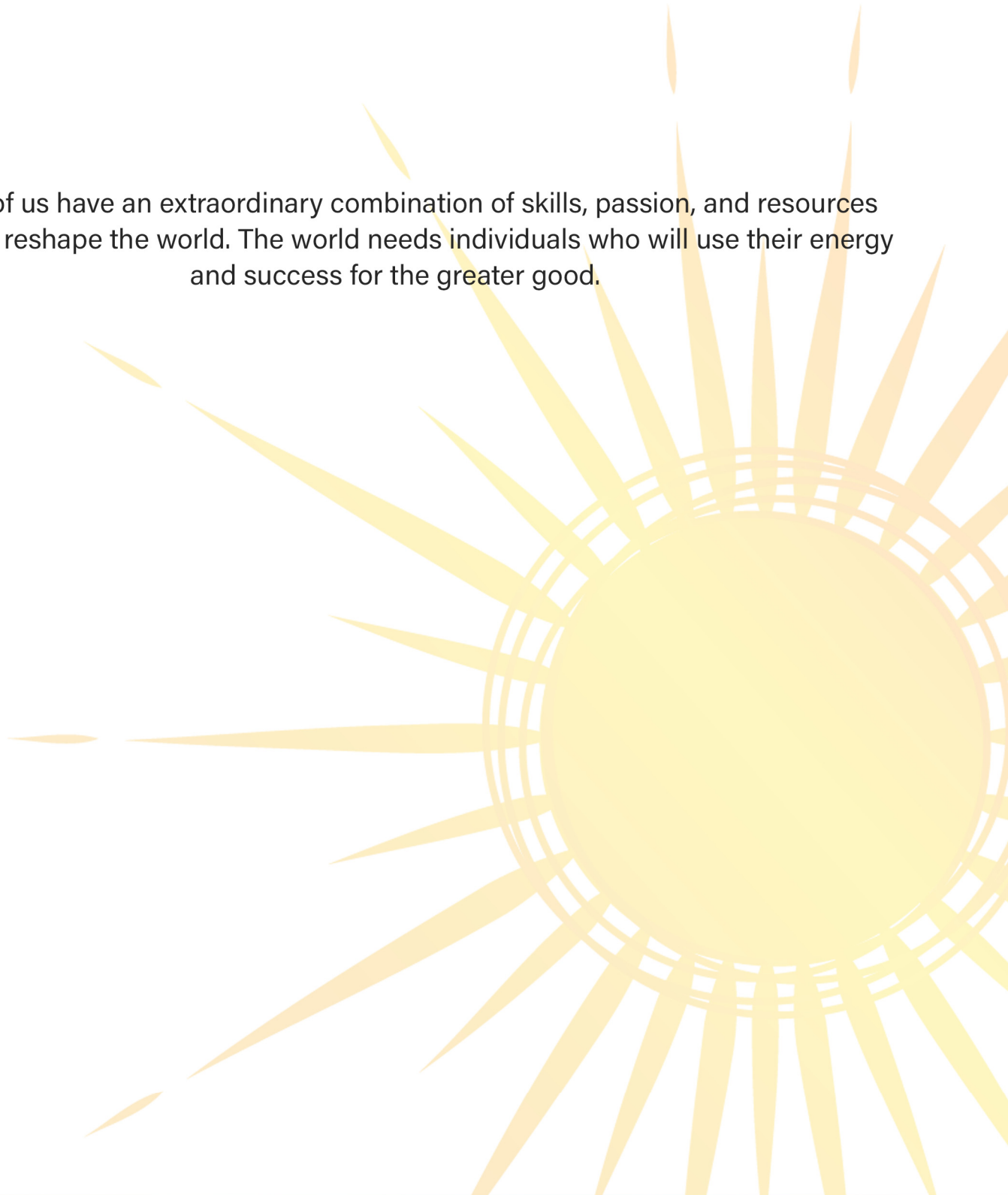


# The Greater Purpose Workbook

## Unleashing Your Potential for Impact

Some of us have an extraordinary combination of skills, passion, and resources that can reshape the world. The world needs individuals who will use their energy and success for the greater good.



# About this Workbook

## (Or Why Bother Writing It Down?)

There's an often-referenced story of a Harvard study on the power of written goals. When I looked it up, I found that Harvard may not have conducted this study; some say Yale did.

Meanwhile, in 2007, Dr. Gail Matthews of Dominican University, published the results of a study she conducted that shows that "Those who wrote their goals accomplished significantly more than those who did not write their goals." (Dr. Gail Matthews, 2007) Many successful business leaders and other high achievers would concur with these findings, based on their own experience.

Within this workbook, you can write your goals.

I propose we move beyond the "someday maybe" thinking we can all indulge in; let's get clear on the significant good things we wish to accomplish, write these things as goals, and take action to make them reality in the world.

# Open Your Mind and Begin

Like the *Small Acts Workbook*, this is a workbook of compassionate thinking. Imagining. Brainstorming. Envisioning. And ultimately, committing to action. Some of the exercises may seem to overlap or feel redundant, but they are designed to open your mind and keep your thoughts flowing out on paper. Think and write freely!

We can all do more. We can all do better. Let's begin.

# **“The true sign of intelligence is not knowledge but imagination.”**

-Albert Einstein

It is the mind that can envision something that was never there before that brings brilliance to the world.

What can you imagine doing or creating that will bring joy to others, change lives, save a single life, or even save many lives? Write these things here:

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# “Humanity has only scratched the surface of its real potential.”

-Peace Pilgrim

Most of us, as individual humans, have only scratched the surface of our own potential.

If we excel in one area (our careers, for example), we may still have room to grow in another area (in our contributions to helping solve society’s most dire problems, for example).

What can you do to begin to reach your full potential as a meaningful contributor to society? What might your *full potential* as a giver look like? Your full potential as one who helps others, transforming or even saving lives? Write here:

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# “What would you attempt to do if you knew you could not fail?”

-attributed to both Eleanor Roosevelt & Robert H. Schuller

Think freely about the difference you might make in the world. Think big about giving of yourself, whether through action or other contributions.

Giving makes us happier. Giving helps people solve pressing problems they may not be able to solve on their own. Giving can change the course of a life. Giving saves lives. Giving makes the world better.

Below, list things you could do that you know will make a difference, but things that perhaps you've only dreamt of. Things that perhaps have crossed your mind as fleeting thoughts from time to time. Or things you are just thinking of now.

Now write these things. And ponder how to make them happen. Ponder for a moment, a day, or even a week if you must.

Then, DECIDE. Commit. Take that first step. Make something start to happen that will change a life, change the world. Write here:

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# **“And whatever I do Will become forever what I’ve done.”**

-Wisława Szymborska, “Life While You Wait”

We define ourselves by what we do. People remember us this way.

And whatever we choose to do in our lives—how we spend our time, our energy, and our resources? That becomes our legacy.

First, list the things you typically do in a month’s time. Or, if being specific helps, list the things you have done, say, in the past two weeks. The point is to look honestly at how you spend your time, energy, and resources. What do you choose to do, above all other things?

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Now. What do you really want your legacy to be? Write it here:

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# What Will Your Legacy Be?

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**And whatever I do  
Will become forever what I've done.**

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-Wisłowa Szymborska, Nobel Laureate