

THE PURPOSE COMPASS

workbook



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PART 1

Introduction

ABOUT PIM

PIM (Purpose in Motion) is a social enterprise that empowers young people with the education, resources, and networks to become mission-driven leaders and effective changemakers.

Faced with increasingly complex problems, society needs new kinds of leadership. At PIM, we help people of all backgrounds discover their purpose in social impact, with programs that afford them the opportunity to build essential skills towards becoming leaders for the future.

Since 2014, we have educated and empowered over 13,000 aspiring leaders from more than 110 countries to create impact in their own communities.

Learn more at www.pimglobal.org

ABOUT THE WORKBOOK

The Purpose Compass workbook is designed to identifying your why and discovering ways to make a positive impact on your world.

Completing the workbook typically requires an estimated 60 to 120 minutes of your time. You have the flexibility to approach it in one uninterrupted session or spread it across several days, tackling one section at a time. As the term "pilot" implies, this journey of self-discovery may encounter turbulence, but we encourage you to embrace the flight path as it propels you toward new horizons.

The workbook's framework is drawn from and inspired by several sources including TeachingE.org, 80000 hours, Greater Good Center, and others (see references). It is important to note that this workbook is intended solely for non-commercial, educational purposes.

SET INTENTIONS:

5 KEY INGREDIENTS FOR A FULFILLING CAREER

Research from over 60 studies shows that that job and life satisfaction is correlated with these key factors. Each factor will be explored in more depth in the following sections.

1

Being interested and
engaged in your work
(Interests)

2

Doing work that
you are good at
(Strengths)

3

Doing work that
helps others
(Impact)

4

Working alongside
supportive
colleagues
(Culture)

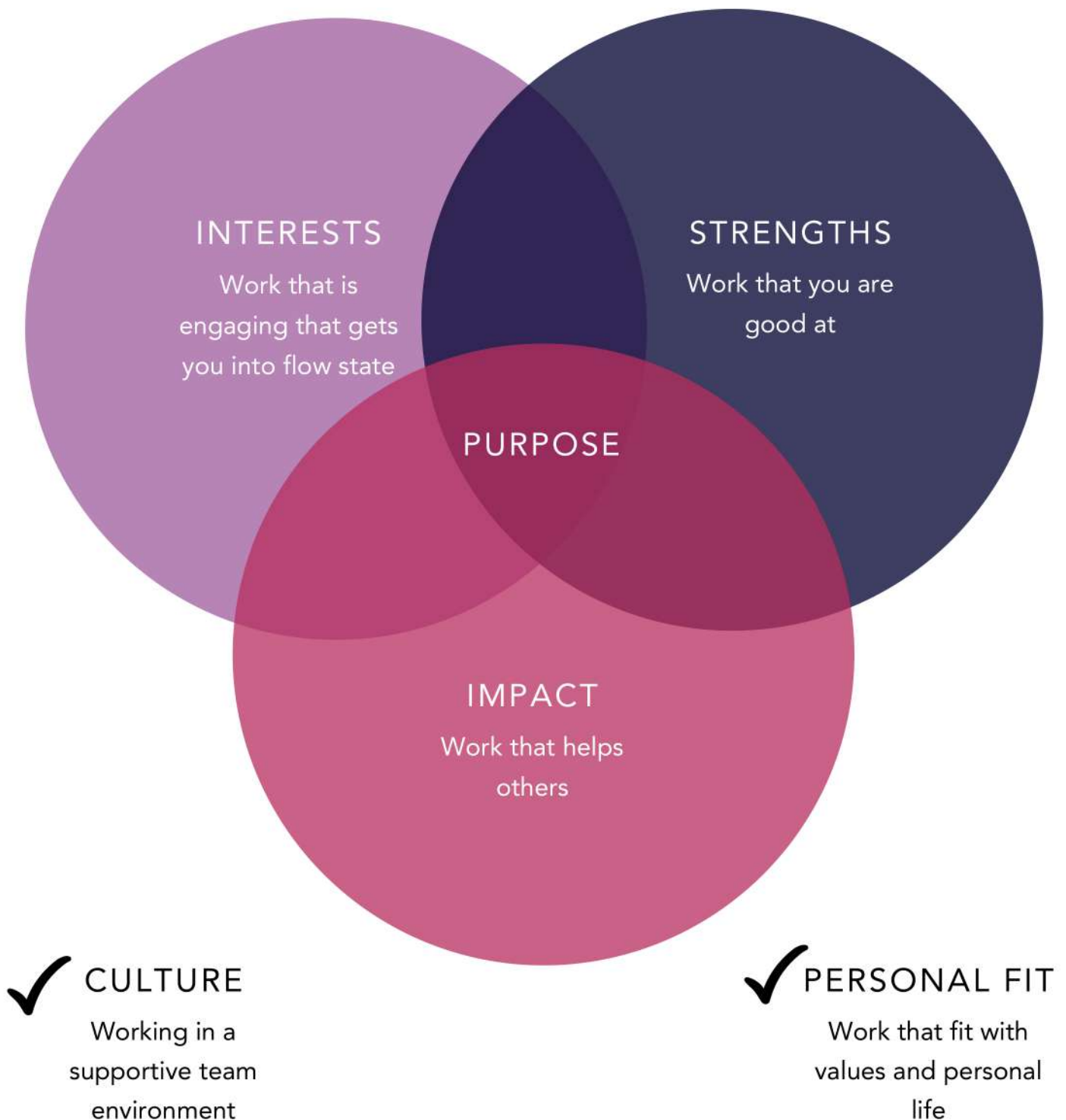
5

Having work that fits
with your personal life
and values
(Personal Fit)

Learn more about the research at <https://80000hours.org/career-guide/job-satisfaction/>

THE PURPOSE COMPASS

The sweet spot for your purpose lies in the intersection of interests, strengths, and impact, along with supporting conditions such as culture and personal fit.



PART 2

Dive In

DIVE IN

INTERESTS

REFLECT

List out the activities that make you forget about the passage of time.



IMAGINE

Imagine if you do not have to worry about money, what would you spend your time doing?



INQUIRE

Text 3 friends to ask them: what do I always talk about?



BRAINSTORM

If you were to teach someone about a topic, what would it be?



DIVE IN

STRENGTHS

TAKE A TEST

Take a free characters strength test at www.viacharacter.org



INTERVIEW

Ask someone who knows you well: what am I good at?



RESEARCH

List out the skills that you have. Refer to LinkedIn skills and take a look at the 2023 list on [here](#).



RECALL

Think about the last time you were complimented. What was the compliment about?



DIVE IN

IMPACT

BRAINSTORM

What are groups of people you would like to help?



REFLECT

What are some issues in your local community that you care about?



CONTEMPLATE

What are some global issues that you care about? What stories on the news speak to you?



IMAGINE

If you have a magic wand that you could wave to solve a problem in the world, what would it be?



DIVE IN

CULTURE & FIT

DECIDE

How do you want your work and life to fit together?



THINK

What other life aspects do you want to take into account (starting a family, moving to a certain location, etc)?



KEY WORDS

What are the key words that come to mind when you think about a work environment that allows you to thrive?



REFLECT

What are some worldviews or beliefs that you have? What are some values that you hold dear?



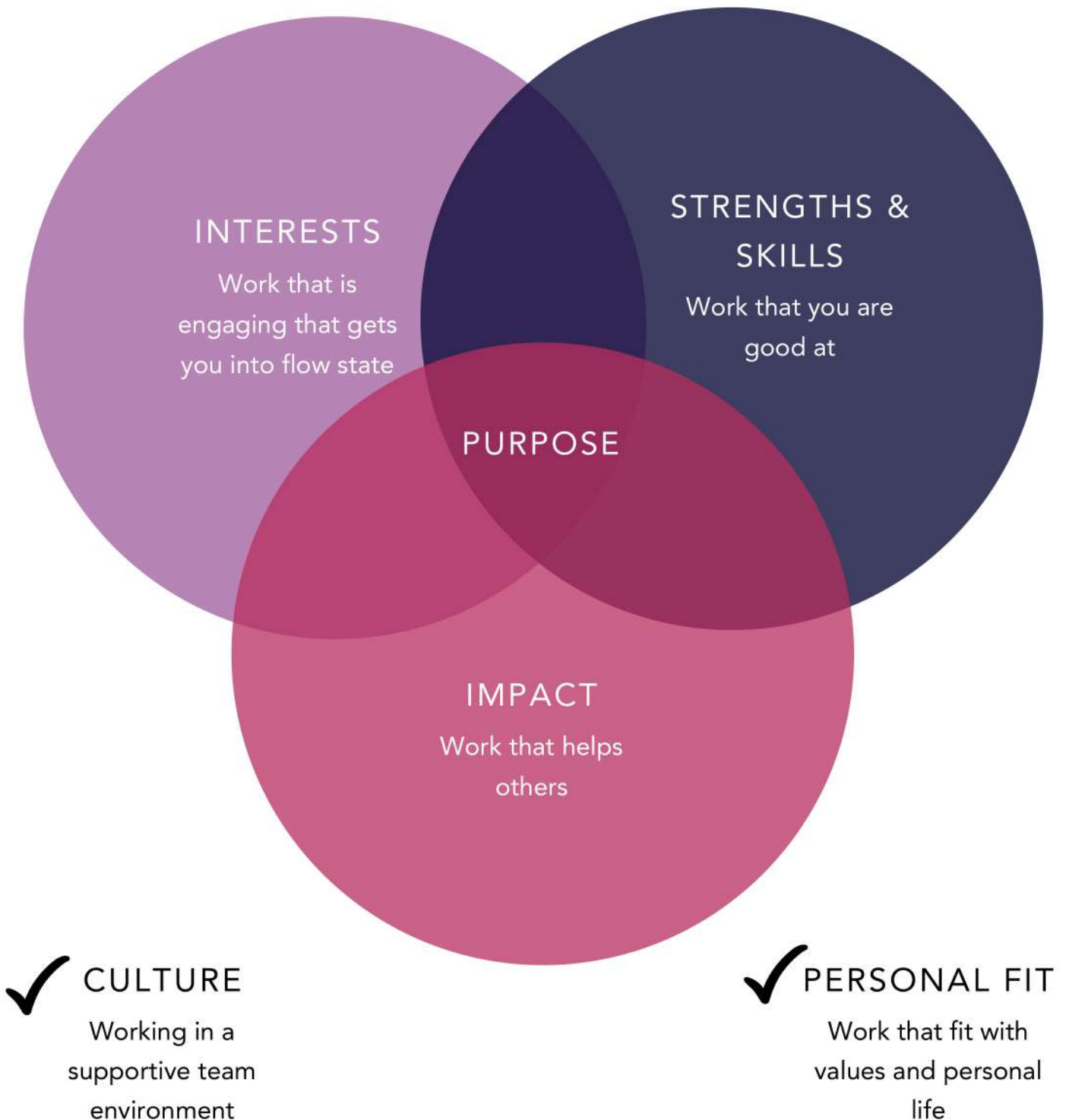
The background is a watercolor wash in shades of red, purple, and grey, with irregular, feathered edges. The colors are layered, with darker purple and grey tones at the bottom and lighter red and pink tones at the top.

PART 3

Synthesis

THE PURPOSE COMPASS

The sweet spot for your purpose lies in the intersection of interests, strengths, and impact, along with supporting conditions such as culture and personal fit. Feel free to print out this page and add post-it notes to each circle.



BRAINSTORMING

INTERESTS

Jot down some key words



STRENGTHS

Jot down some key words



IMPACT

Jot down some key words



PURPOSE

Brainstorm at least 5 ways to combine your interests, strengths, and impact.



FREWRITE

Use the following page to free write without judgement. Having completed the exercises on the important components of purpose (interests, strengths, impact, culture, and personal fit), what kind of insights or thoughts do you have?

A large, empty white rectangular area intended for free writing. It is centered on the page and surrounded by a dark blue background with abstract, textured, reddish-purple brushstrokes.

MINDFUL MEDITATION

1. **Set the Scene:** Find a quiet and comfortable place to sit or lie down. Close your eyes if you're comfortable doing so, or keep them softly focused on a spot in front of you.
2. **Take a Few Deep Breaths:** Begin by taking a few slow, deep breaths to relax your body and calm your mind. Inhale deeply through your nose, allowing your abdomen to rise, and exhale slowly through your mouth, letting go of any tension.
3. **Focus on Your Breath:** Pay attention to your breath. Feel the sensation of the air entering and leaving your body. Allow your breath to be your anchor to the present moment.
4. **Set an Intention:** In your mind, set the intention to discover or clarify your life's purpose. This could be as simple as saying to yourself, "I am open to understanding my purpose."
5. **Visualize Your Ideal Life:** Imagine yourself living a life in which you are completely aligned with your purpose. Visualize the activities you would be engaged in, the people you would be surrounded by, and the emotions you would feel. Let this vision become as vivid as possible.
6. **Connect with Your Inner Wisdom:** Quiet your mind and listen to your inner wisdom. Sometimes, profound insights arise when you give yourself the space to be still and receptive.
7. **Gratitude and Acceptance:** Express gratitude for this moment of self-reflection and for the journey of purpose discovery. Embrace the idea that your purpose may evolve over time, and that's okay.
8. **Close with Compassion:** Gently bring your awareness back to your breath. Take a few more mindful breaths and, with a sense of self-compassion, slowly open your eyes or return to your daily activities.



Next Steps

PURPOSE JOURNALING

Reflect on how your daily activities connect (or not) to any of the purposeful intersections generated in the Purpose Compass. What fits? What doesn't? How do you feel about that?

PURPOSEFUL ACTION

Use the purpose statement as a compass to guide your impact. Is there a small step or concrete action you can take today that will lead you closer to your purpose?

Trust yourself.



References

This workbook draws on research from various sources that we encourage you to read more to learn:

80000hours.org

a career website to help students and recent graduates move into careers that effectively tackle the world's most pressing problems

www.teachingentrepreneurship.org/student-purpose/

resources and curriculum targeted at students learning entrepreneurship

www.greatergood.berkeley.edu

science-based practices for kinder, happier schools and students

simonsinek.com/books/find-your-why/

Simon Sinek's Find your Why is a practical guide to help those dig deeper into finding their own purpose

For more resources check out our
website www.pimglobal.org

Thank you!

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