

Replicate

LESSON WORKBOOK

PURPOSE, VISION, & GOALS



QUICK OVERVIEW:

Understanding how Purpose, Vision, and Goals work together creates a natural flow for personal transformation. This lesson explores how these three elements complement each other to create meaningful change and authentic achievement.

KEY IDEA:

Purpose is like the sun - everything revolves around it and it stays constant for the seasons of your life.

Reflection Questions:

1. What season of life are you currently in?
2. How has your purpose evolved through different life seasons?
3. In which of the 5 key areas do you need more clarity of purpose?
 - Spiritual growth
 - Primary love relationships
 - Personal/professional development
 - Physical health
 - Time and money freedom

Exercise: Purpose Discovery

On the next page of your workbook you will see 5 boxes identifying 5 areas of your life.

Take time now to fill in those boxes, following the instructions below. Then complete your purpose statement on the following page:

1. For each life area, complete:

- What matters most to me in this area?
- Who do I want to become?
- What difference do I want to make?

2. Look for common themes.

3. Write your current season of life purpose statement.

4. Test decisions against this purpose filter.

SECTION 1

PURPOSE - YOUR CENTER

Spiritual Growth:

Primary Love Relationships:

Personal & Professional Development:

Physical Health:

Time & Money Freedom:

SECTION 2

VISION - YOUR EXPANDING AWARENESS

KEY IDEA:

Vision is your highest conscious awareness of the way in which to live your purpose, and it evolves as you grow.

Reflection Questions:

1. What possibilities can you currently see for living your purpose?
2. Where might you be limiting your vision by asking "how"?
3. What would you envision if you knew you couldn't fail?

NOTES:

SECTION 3

GOALS - YOUR GROWTH CATALYSTS

KEY IDEA:

Goals are benchmarks for measuring progress and can also be catalysts for personal growth.

Reflection Questions:

1. Which part of your vision feels most accessible right now?
2. What kind of person would you need to become to achieve this?
3. Where do you need to celebrate smaller steps forward?

NOTES:

Exercise: Growth-Focused Goal Setting

1. Select one aspect of your vision.

2. Create milestones that show progress:
 - Preparation steps
 - Initial actions
 - Early wins
 - Major achievements

3. For each milestone, identify:
 - Personal growth required
 - New skills needed
 - Habits to develop

NOTES:

KEY IDEA:

The three elements must work together in harmony for authentic achievement.

Reflection Questions:

1. How aligned are your current goals with your purpose?
2. Where might your vision be too limited?
3. What tension are you feeling between comfort and growth?

NOTES:

Action Steps:

1. Write your current purpose statement.
2. Expand your vision daily.
3. Choose one aligned goal.
4. Create celebration points.
5. Schedule weekly reviews.

KEY REMINDER:

Remember: This is a living, breathing process. Your purpose will evolve through life seasons, your vision will expand with awareness, and your goals will reflect your growth journey.

IMPLEMENTATION TIPS:

- Start with clarity in one area before expanding to others.
- Review and adjust regularly.
- Celebrate all progress, not just the end result.
- Trust the process, even when the "how" isn't clear.

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