

# The Five Steps to Becoming More Values-Focused.

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**Step 1: Open Up to Limitless Visioning.** Limitless visioning is the context in which you identify your life purpose. It is an attitude of openness and faith that you can have what you want if you can simply envision it. Limitless visioning is grand and abstract and sets the stage for the next step, Active Imagination.

**Step 2: Practice Active Imagination.** Active imagination builds upon limitless visioning by making what you want more concrete. In active imagination you create a sensory rich image of what your life will be like when you are doing the right thing.

**Step 3: Write Your Own Creative Eulogy.** Creative Eulogy further enriches the image of your future life, by adding the element of how people will remember you when you are gone. When you write your own eulogy from the point of view of the people you leave behind after you die, you help to solidify both your limitless vision and your active, sensory rich image of the future.

**Step 4: Create a Personal Statement of Purpose.** Finally, you must boil down what you have discovered in these first three steps into a personal statement of purpose; a statement of what your life is going to be about from today forward. It will include the valence of your overall vision, the sensory rich images of your future life, and a taste of how you will be remembered after you die.

**Step 5: Determine Your Personal Goals.** Once you have written your personal statement of purpose, you can begin to work on identifying the major Personal Goals that are naturally implied by that purpose.

## ***Step 4. Create Your Personal Statement of Purpose***

### **Exercise 17. Write a Statement of Personal Purpose**

**Instruction:** Use the accompanying worksheets for *Action Words, Groups and Causes*, and *Values and Qualities*. Place the results of those worksheets in the appropriate boxes below in your Statement of Personal Purpose:

My personal purpose is to:

*(the top three action words, from the "Action Word Worksheet")*

*(the top value or values, from the "Personal Values Worksheet")*

to, for, or with

*(the group or cause to which you feel the most attraction to serve, from the "Groups or Causes Worksheet")*

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## **Worksheet: Action Words**

**1. Relaxation.** (See the exercise entitled "Creating a Container for the Work" above.)  
**2: Identification.** From the accompanying list, check off the action words that most excite you. Feel free to add other action words that you find even more exciting.

**3: Winnowing.** From the list of verbs that you checked in step 2, circle the ten that are the most important to you. Once you have done this, choose your top five. What would your top five action words be? Which would you give up? Cross off the ones you are willing to give up for now. Now, imagine that you are going to focus only on the top four. Cross off one of them. Now cross off another leaving only three -- and another, to end up with only two. Finally, cross off one of the remaining two so that you are left with the value that is most important to you.

**4: Deepening.** Looking again at your top three action words, write them down, one per page, on three separate pieces of paper (or pages in your learning journal). Now, one at a time, ask yourself the following questions and write down the answers for each action word.

**A.** What values does this action word represent? Why do I want to take this particular action? What assumptions are contained in my choice of this as one of the actions I'd most like to spend time doing?

**B.** Am I currently doing anything to make this action a part of my life? If so, what? If not, why not and what would my life look like if I were doing this particular action more?

**C.** What can I do to increase my experience of this action in my life?

**D.** After you have answered these questions for each of your top three action words, place the pages next to each other and make some notes about what patterns and commonalities you identify in your answers.

**5. Sharing.** Next, turn to your partner to share your findings. (Assuming you have found someone to work with on these exercises. If not, then continue on your own, compensating for instructions that mention your partner. But it would probably be worth it to stop hear and arrange for a partner. Getting some of this outside of yourself and reflected back by another person can significantly deepen your learning.)

**A.** One of you take a turn reading your description aloud.

**B.** The other, upon hearing this description, reflect back to your partner the assumptions about his or her strengths, abilities, and interests that you think are embedded in his/her description.

**6: Discussion.** After you have both shared and commented upon the assumptions of your respective descriptions, you can discuss what each of you heard, commenting upon what you see as the accuracy and validity of your partner's insights. Do you think they have gauged accurately the assumptions you hold? Were you surprised by their analyses? Or did the assumptions they identified confirm how you conceive your own situation?

It is also interesting to look for commonalities and differences in the assumptions you each identify. If you share assumptions in common, do they represent what passes for conventional wisdom about behavior at work? If you have major differences, do they signify

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commonly divergent views about business relationships or actual significant individual differences between the assumptions held by you and your colleagues?

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| <input type="checkbox"/> accomplish<br><input type="checkbox"/> acquire<br><input type="checkbox"/> adopt<br><input type="checkbox"/> advance<br><input type="checkbox"/> affect<br><input type="checkbox"/> affirm<br><input type="checkbox"/> alleviate<br><input type="checkbox"/> amplify<br><input type="checkbox"/> appreciate<br><input type="checkbox"/> associate<br><input type="checkbox"/> believe<br><input type="checkbox"/> brighten<br><input type="checkbox"/> build<br><input type="checkbox"/> call<br><input type="checkbox"/> cause<br><input type="checkbox"/> choose<br><input type="checkbox"/> claim<br><input type="checkbox"/> collect<br><input type="checkbox"/> combine<br><input type="checkbox"/> command<br><input type="checkbox"/> communicate<br><input type="checkbox"/> compete<br><input type="checkbox"/> complete<br><input type="checkbox"/> compliment<br><input type="checkbox"/> compose<br><input type="checkbox"/> conceive<br><input type="checkbox"/> confirm<br><input type="checkbox"/> connect<br><input type="checkbox"/> consider<br><input type="checkbox"/> construct<br><input type="checkbox"/> contact<br><input type="checkbox"/> continue<br><input type="checkbox"/> counsel<br><input type="checkbox"/> create<br><input type="checkbox"/> decide<br><input type="checkbox"/> defend<br><input type="checkbox"/> delight<br><input type="checkbox"/> deliver<br><input type="checkbox"/> demonstrate<br><input type="checkbox"/> devise<br><input type="checkbox"/> direct | <input type="checkbox"/> discover<br><input type="checkbox"/> discuss<br><input type="checkbox"/> distribute<br><input type="checkbox"/> draft<br><input type="checkbox"/> dream<br><input type="checkbox"/> drive<br><input type="checkbox"/> educate<br><input type="checkbox"/> elect<br><input type="checkbox"/> embrace<br><input type="checkbox"/> encourage<br><input type="checkbox"/> engage<br><input type="checkbox"/> engineer<br><input type="checkbox"/> enhance<br><input type="checkbox"/> enlighten<br><input type="checkbox"/> enlist<br><input type="checkbox"/> entertain<br><input type="checkbox"/> evaluate<br><input type="checkbox"/> excite<br><input type="checkbox"/> explore<br><input type="checkbox"/> express<br><input type="checkbox"/> extend<br><input type="checkbox"/> facilitate<br><input type="checkbox"/> finance<br><input type="checkbox"/> forgive<br><input type="checkbox"/> foster<br><input type="checkbox"/> further<br><input type="checkbox"/> gather<br><input type="checkbox"/> generate<br><input type="checkbox"/> give<br><input type="checkbox"/> grant<br><input type="checkbox"/> heal<br><input type="checkbox"/> hold<br><input type="checkbox"/> host<br><input type="checkbox"/> identify<br><input type="checkbox"/> illuminate<br><input type="checkbox"/> implement<br><input type="checkbox"/> improve<br><input type="checkbox"/> improvise<br><input type="checkbox"/> inspire<br><input type="checkbox"/> integrate<br><input type="checkbox"/> involve | <input type="checkbox"/> keep<br><input type="checkbox"/> know<br><input type="checkbox"/> labor<br><input type="checkbox"/> launch<br><input type="checkbox"/> lead<br><input type="checkbox"/> light<br><input type="checkbox"/> live<br><input type="checkbox"/> love<br><input type="checkbox"/> make<br><input type="checkbox"/> manifest<br><input type="checkbox"/> master<br><input type="checkbox"/> measure<br><input type="checkbox"/> meditate<br><input type="checkbox"/> model<br><input type="checkbox"/> mold<br><input type="checkbox"/> motivate<br><input type="checkbox"/> negotiate<br><input type="checkbox"/> nurture<br><input type="checkbox"/> open<br><input type="checkbox"/> organize<br><input type="checkbox"/> perform<br><input type="checkbox"/> persuade<br><input type="checkbox"/> play<br><input type="checkbox"/> practice<br><input type="checkbox"/> praise<br><input type="checkbox"/> prepare<br><input type="checkbox"/> present<br><input type="checkbox"/> produce<br><input type="checkbox"/> promise<br><input type="checkbox"/> promote<br><input type="checkbox"/> provide<br><input type="checkbox"/> realize<br><input type="checkbox"/> receive<br><input type="checkbox"/> reclaim<br><input type="checkbox"/> reduce<br><input type="checkbox"/> refine<br><input type="checkbox"/> reflect<br><input type="checkbox"/> reform<br><input type="checkbox"/> regard<br><input type="checkbox"/> relate<br><input type="checkbox"/> relax | <input type="checkbox"/> release<br><input type="checkbox"/> rely<br><input type="checkbox"/> remember<br><input type="checkbox"/> renew<br><input type="checkbox"/> resonate<br><input type="checkbox"/> respect<br><input type="checkbox"/> restore<br><input type="checkbox"/> return<br><input type="checkbox"/> revise<br><input type="checkbox"/> sacrifice<br><input type="checkbox"/> safeguard<br><input type="checkbox"/> satisfy<br><input type="checkbox"/> save<br><input type="checkbox"/> sell<br><input type="checkbox"/> serve<br><input type="checkbox"/> share<br><input type="checkbox"/> speak<br><input type="checkbox"/> stand<br><input type="checkbox"/> support<br><input type="checkbox"/> surrender<br><input type="checkbox"/> sustain<br><input type="checkbox"/> take<br><input type="checkbox"/> tap<br><input type="checkbox"/> touch<br><input type="checkbox"/> trade<br><input type="checkbox"/> translate<br><input type="checkbox"/> travel<br><input type="checkbox"/> understand<br><input type="checkbox"/> utilize<br><input type="checkbox"/> validate<br><input type="checkbox"/> value<br><input type="checkbox"/> verbalize<br><input type="checkbox"/> volunteer<br><input type="checkbox"/> work<br><input type="checkbox"/> worship<br><input type="checkbox"/> write<br><input type="checkbox"/> yield<br><br>Other:<br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/> |
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## **Worksheet: Values and Qualities**

**1. Relaxation.** (see the exercise entitled "Creating a Container for the Work" above).

**2: Identification.** From the accompanying list, check off those words that represent values or qualities you feel a strong affinity with. Feel free to add other qualities, views, or beliefs that are important to you.

**3: Winnowing.** From the list of values that you checked in step 2, circle the ten that are the most important to you. Once you have done this, imagine that you must focus on only five of them. What would your top five values be? Which would you give up? Cross off the ones that you are willing to give up for now. Now, imagine that you are going to focus only on the top four. Cross off one of them. Now cross off another leaving only three -- and another, to end up with only two. Finally, cross off one of the remaining two so that you are left with the value that is most important to you.

**4: Deepening.** Looking again at your top three values, write them down, one per page, on three separate pieces of paper (or pages in your learning journal). Now, one at a time, ask yourself the following questions and write down the answer for each value.

**A.** What does this value mean to you? What is beneath/behind it? What assumptions are contained in my choice of this as one of my top values?

**B.** Am I currently experiencing this value in my life? If so, how? If not, why not and what would my life look like if this value were more visible?

**C.** What can I do to increase the presence of this value in my life?

**D.** After you have answered these questions for each of your top three values, lay the pages out in front of you and make some notes about what patterns and commonalities you identify in your answers.

**5. Sharing.** Next, turn to your partner to share your findings.

**A.** One of you take a turn reading your description aloud.

**B.** The other, upon hearing this description, reflect back to your partner the assumptions about his or her strengths, abilities, and interests that you think are embedded in his/her description.

**6: Discussion.** After you have both shared and commented upon the assumptions of your respective descriptions, you can discuss what each of you heard, commenting upon what you see as the accuracy and validity of your partner's insights. Do you think they have gauged accurately the assumptions you hold? Were you surprised by their analyses? Or did the assumptions they identified confirm how you conceive your own situation?

It is also interesting to look for commonalities and differences in the assumptions you each identify. If you share assumptions in common, do they represent what passes for conventional wisdom about values and qualities at work? If you have major differences, do they signify commonly divergent views about business relationships or actual significant individual differences between the assumptions held by you and your partner?

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<input type="checkbox"/> achievement	<input type="checkbox"/> entrepreneurship	<input type="checkbox"/> love	accountability
<input type="checkbox"/> advancement	<input type="checkbox"/> eternity	<input type="checkbox"/> loyalty	<input type="checkbox"/> right livelihood
<input type="checkbox"/> adventure	<input type="checkbox"/> ethical practice	<input type="checkbox"/> market position	<input type="checkbox"/> security
<input type="checkbox"/> affection	<input type="checkbox"/> excellence	<input type="checkbox"/> meaningful work	<input type="checkbox"/> self-respect
<input type="checkbox"/> appreciation	<input type="checkbox"/> excitement	<input type="checkbox"/> merit	<input type="checkbox"/> serenity
<input type="checkbox"/> arts	<input type="checkbox"/> expertise	<input type="checkbox"/> mindfulness	<input type="checkbox"/> service
<input type="checkbox"/> balance	<input type="checkbox"/> faith	<input type="checkbox"/> money	<input type="checkbox"/> sharing
<input type="checkbox"/> beauty	<input type="checkbox"/> fame	<input type="checkbox"/> nature	<input type="checkbox"/> silence
<input type="checkbox"/> bliss	<input type="checkbox"/> fast-paced work	<input type="checkbox"/> open and honest	<input type="checkbox"/> simplicity
<input type="checkbox"/> brotherhood	<input type="checkbox"/> financial gain	people	<input type="checkbox"/> sophistication
<input type="checkbox"/> calm	<input type="checkbox"/> freedom	<input type="checkbox"/> order	<input type="checkbox"/> spiritual life
<input type="checkbox"/> challenge	<input type="checkbox"/> friendship	<input type="checkbox"/> outdoors	<input type="checkbox"/> stability
<input type="checkbox"/> change	<input type="checkbox"/> generosity	<input type="checkbox"/> patience	<input type="checkbox"/> status
<input type="checkbox"/> collaboration	<input type="checkbox"/> goodness	<input type="checkbox"/> personal growth	<input type="checkbox"/> supervising others
<input type="checkbox"/> communication	<input type="checkbox"/> goodwill	<input type="checkbox"/> physical challenge	<input type="checkbox"/> synthesis
<input type="checkbox"/> communion	<input type="checkbox"/> gratitude	<input type="checkbox"/> pleasure	<input type="checkbox"/> time freedom
<input type="checkbox"/> community	<input type="checkbox"/> growth	<input type="checkbox"/> positiveness	<input type="checkbox"/> tranquility
<input type="checkbox"/> compassion	<input type="checkbox"/> harmony	<input type="checkbox"/> potential (living up	<input type="checkbox"/> trust
<input type="checkbox"/> competence	<input type="checkbox"/> having a family	to my)	<input type="checkbox"/> truth
<input type="checkbox"/> competition	<input type="checkbox"/> helping society	<input type="checkbox"/> power and	<input type="checkbox"/> understanding
<input type="checkbox"/> conformity	<input type="checkbox"/> helping people	authority	<input type="checkbox"/> vitality
<input type="checkbox"/> connections	<input type="checkbox"/> honesty	<input type="checkbox"/> privacy	<input type="checkbox"/> wealth
<input type="checkbox"/> country (as away	<input type="checkbox"/> humor	<input type="checkbox"/> public service	<input type="checkbox"/> wholeness
from the city)	<input type="checkbox"/> inclusiveness	<input type="checkbox"/> purity	<input type="checkbox"/> will
<input type="checkbox"/> country (as "God	<input type="checkbox"/> independence	<input type="checkbox"/> quality	<input type="checkbox"/> wisdom
and Country)	<input type="checkbox"/> influence	relationships	<input type="checkbox"/> wonder
<input type="checkbox"/> creativity	<input type="checkbox"/> inner harmony	<input type="checkbox"/> quality of what I	<input type="checkbox"/> work under
<input type="checkbox"/> decisiveness	<input type="checkbox"/> integrity	take part in	pressure
<input type="checkbox"/> democracy	<input type="checkbox"/> intellectual status	<input type="checkbox"/> quiet	<input type="checkbox"/> work with others
<input type="checkbox"/> detachment	<input type="checkbox"/> intimacy	<input type="checkbox"/> reality	<input type="checkbox"/> working alone
<input type="checkbox"/> ecological	<input type="checkbox"/> involvement	<input type="checkbox"/> recognition	<input type="checkbox"/>
awareness	<input type="checkbox"/> job tranquility	<input type="checkbox"/> religion	<input type="checkbox"/>
<input type="checkbox"/> economic security	<input type="checkbox"/> joy	<input type="checkbox"/> renewal	<input type="checkbox"/>
<input type="checkbox"/> effectiveness	<input type="checkbox"/> knowledge	<input type="checkbox"/> reputation	<input type="checkbox"/>
<input type="checkbox"/> efficiency	<input type="checkbox"/> leadership	<input type="checkbox"/> resonance	<input type="checkbox"/>
<input type="checkbox"/> emotion	<input type="checkbox"/> liberation	<input type="checkbox"/> respect from	<input type="checkbox"/>
<input type="checkbox"/> energy	<input type="checkbox"/> light	others	<input type="checkbox"/>
<input type="checkbox"/> enthusiasm	<input type="checkbox"/> location	<input type="checkbox"/> responsibility and	<input type="checkbox"/>

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## **Worksheet: Groups or Causes Worksheet**

- 1. Relaxation.** (see the exercise entitled "Creating a Container for the Work" above).
- 2. Identification.** From the accompanying list, check off those words that represent groups or causes you would really like to serve. Feel free to add other groups or causes that are important to you.
- 3. Winnowing.** From the list of groups or causes that you checked in step 2, circle the ten that are the most important to you. Once you have done this, imagine that you must focus on only five of them. What would your top five groups or causes be? Which would you give up? Cross off the ones that you are willing to give up for now. Now, imagine that you are going to focus only on the top four. Cross off one of them. Now cross off another leaving only three, and another, to end up with only two. Finally, cross off one of the remaining two so that you are left with the value that is most important to you.
- 4. Deepening.** Looking again at your top three groups or causes, write them down, one per page, on three separate pieces of paper (or pages in your learning journal). Now, one at a time, ask yourself the following questions and write down the answer for each group or cause.

**A.** What values does this group or cause represent for you? Why do I want to serve them/it? What assumptions are contained in my choice of this as one of groups or causes I'd most like to spend time serving?

**B.** Am I currently doing anything to serve this group or cause? If so, what? If not, why not and what would my life look like if my service to this group or cause was more visible?

**C.** What can I do to increase my service to this group or cause in my life?

**D.** After you have answered these questions for each of your top three groups or causes, lay the pages out in front of you and make some notes about what patterns and commonalities you identify in your answers.

**5. Sharing.** Next, turn to your partner to share your findings.

**A.** One of you take a turn reading your description aloud.

**B.** The other, upon hearing this description, reflect back to your partner the assumptions about his or her strengths, abilities, and interests that you think are embedded in his/her description.

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| <input type="checkbox"/> administration      | <input type="checkbox"/> finance               | <input type="checkbox"/> reproductive issues |
| <input type="checkbox"/> agriculture         | <input type="checkbox"/> food                  | <input type="checkbox"/> research            |
| <input type="checkbox"/> animal protection   | <input type="checkbox"/> gardening             | <input type="checkbox"/> roads & bridges     |
| <input type="checkbox"/> animal rights       | <input type="checkbox"/> governance            | <input type="checkbox"/> sexuality issues    |
| <input type="checkbox"/> animal care         | <input type="checkbox"/> health care           | <input type="checkbox"/> space exploration   |
| <input type="checkbox"/> art                 | <input type="checkbox"/> home health care      | <input type="checkbox"/> spirituality        |
| <input type="checkbox"/> biotech             | <input type="checkbox"/> human development     | <input type="checkbox"/> sports              |
| <input type="checkbox"/> books               | <input type="checkbox"/> immigration           | <input type="checkbox"/> substance abusers   |
| <input type="checkbox"/> border issues       | <input type="checkbox"/> infants               | <input type="checkbox"/> synagogues          |
| <input type="checkbox"/> broadcasting        | <input type="checkbox"/> journalism            | <input type="checkbox"/> the homeless        |
| <input type="checkbox"/> business            | <input type="checkbox"/> justice               | <input type="checkbox"/> the ill & disabled  |
| <input type="checkbox"/> child care          | <input type="checkbox"/> labor relations       | <input type="checkbox"/> the fine arts       |
| <input type="checkbox"/> child protection    | <input type="checkbox"/> labor relations       | <input type="checkbox"/> the performing arts |
| <input type="checkbox"/> children            | <input type="checkbox"/> law                   | <input type="checkbox"/> the poor            |
| <input type="checkbox"/> churches            | <input type="checkbox"/> literacy              | <input type="checkbox"/> the justice system  |
| <input type="checkbox"/> civil rights issues | <input type="checkbox"/> management            | <input type="checkbox"/> tourism             |
| <input type="checkbox"/> community           | <input type="checkbox"/> media                 | <input type="checkbox"/> travel              |
| development                                  | <input type="checkbox"/> movies                | <input type="checkbox"/> veterans            |
| <input type="checkbox"/> computer technology | <input type="checkbox"/> music                 | <input type="checkbox"/> water rights        |
| <input type="checkbox"/> construction        | <input type="checkbox"/> news                  | <input type="checkbox"/> women=s issues      |
| <input type="checkbox"/> defense             | <input type="checkbox"/> non-profit agencies   | <input type="checkbox"/> youth               |
| <input type="checkbox"/> design              | <input type="checkbox"/> nutrition             | Other:                                       |
| <input type="checkbox"/> education           | <input type="checkbox"/> parks & recreation    | <input type="checkbox"/>                     |
| <input type="checkbox"/> elderly             | <input type="checkbox"/> politics              | <input type="checkbox"/>                     |
| <input type="checkbox"/> energy              | <input type="checkbox"/> printing & publishing | <input type="checkbox"/>                     |
| <input type="checkbox"/> entertainment       | <input type="checkbox"/> public safety         | <input type="checkbox"/>                     |
| <input type="checkbox"/> family issues       | <input type="checkbox"/> real estate           | <input type="checkbox"/>                     |
| <input type="checkbox"/> fashion             | <input type="checkbox"/> religion              | <input type="checkbox"/>                     |

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