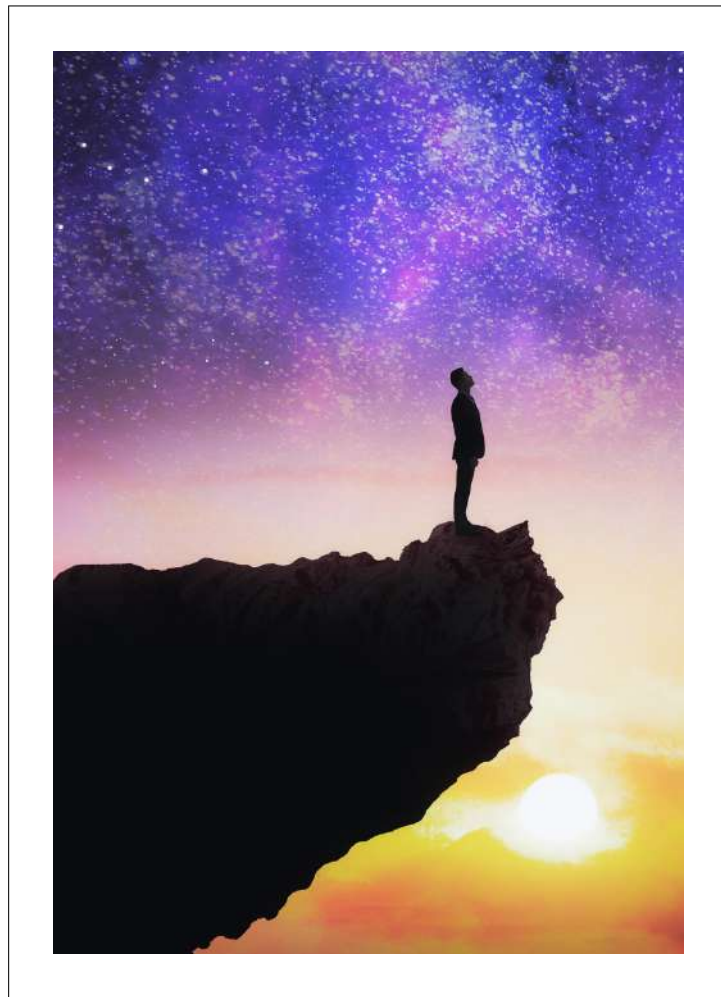


INVESTED

IDENTIFYING YOUR WHY & PURPOSE



MARQUES OGDEN



MARQUES OGDEN

www.marquesogden.com

CONNECT
WITH ME



EXPLORING YOUR VALUES AND PASSIONS

REFLECT ON YOUR VALUES:

Take a moment to list 5-7 values that are important to you. These could be things like family, creativity, honesty, freedom, etc.

Value 1: _____

Value 2: _____

Value 3: _____

Value 4: _____

Value 5: _____

IDENTIFY YOUR PASSIONS:

Write down 3-5 activities or interests that truly make you feel alive and excited.

Passion 1: _____

Passion 2: _____

Passion 3: _____

Passion 4: _____

Passion 5: _____

REFLECTING ON YOUR LIFE EXPERIENCES

SIGNIFICANT LIFE MOMENTS:

Think about some of the most memorable moments in your life. These could be positive or challenging experiences that had a profound impact on you. Write down at least 3 of these moments.

Moment 1: _____

Moment 2: _____

Moment 3: _____

LESSONS LEARNED:

For each significant moment you listed, write down a lesson you learned from that experience and how it has shaped your perspective.

Lesson from Moment 1:

Lesson from Moment 2:

Lesson from Moment 3:

CONNECTING VALUES, PASSIONS, AND LESSONS

IDENTIFY OVERLAPS:

Review your list of values, passions, and lessons. Are there any common themes or overlaps between them? Write down any connections you notice.

Themes / Overlaps:

Themes / Overlaps:

Themes / Overlaps:

POWER THEME: *(the one that aligns with your vision)*

CRAFTING YOUR PURPOSE STATEMENT:

Based on the themes you've identified, create a purpose statement that captures the essence of what drives you and gives your life meaning. This statement should reflect your values, passions, and the lessons you've learned.

Purpose Statement:

ACTIONABLE GOALS

Think about specific areas of your life where you can align your actions with your purpose statement. These could be related to careers, relationships, personal growth, etc.

SEE NEXT PAGE FOR S.M.A.R.T GOALS WORKSHEET

AREA 1:

ACTION STEPS

AREA 2:

ACTION STEPS

AREA 3:

ACTION STEPS

SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S

SPECIFIC

WHAT DO I WANT TO ACCOMPLISH?

M

MEASURABLE

HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?

A

ACHIEVABLE

HOW CAN THE GOAL BE ACCOMPLISHED?

R

RELEVANT

DOES THIS SEEM WORTHWHILE?

T

TIME BOUND

WHEN CAN I ACCOMPLISH THIS GOAL?



MEASURING PROGRESS

Set measurable goals that will help you stay on track towards living in alignment with your purpose. Each goal should be specific, measurable, achievable, relevant, and time-bound (SMART).

GOAL 1:

DEADLINE

GOAL 2:

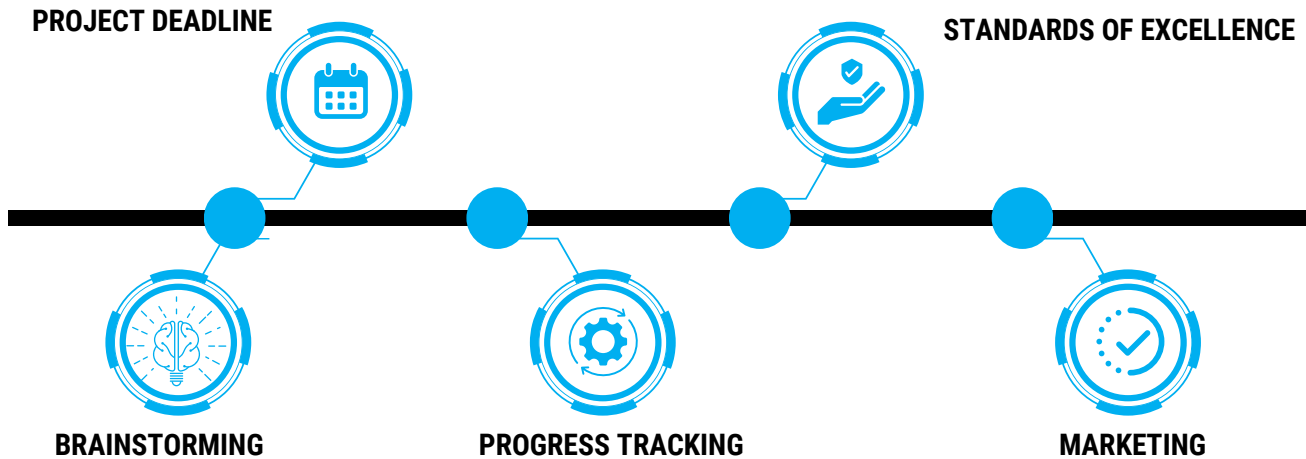
DEADLINE

GOAL 3:

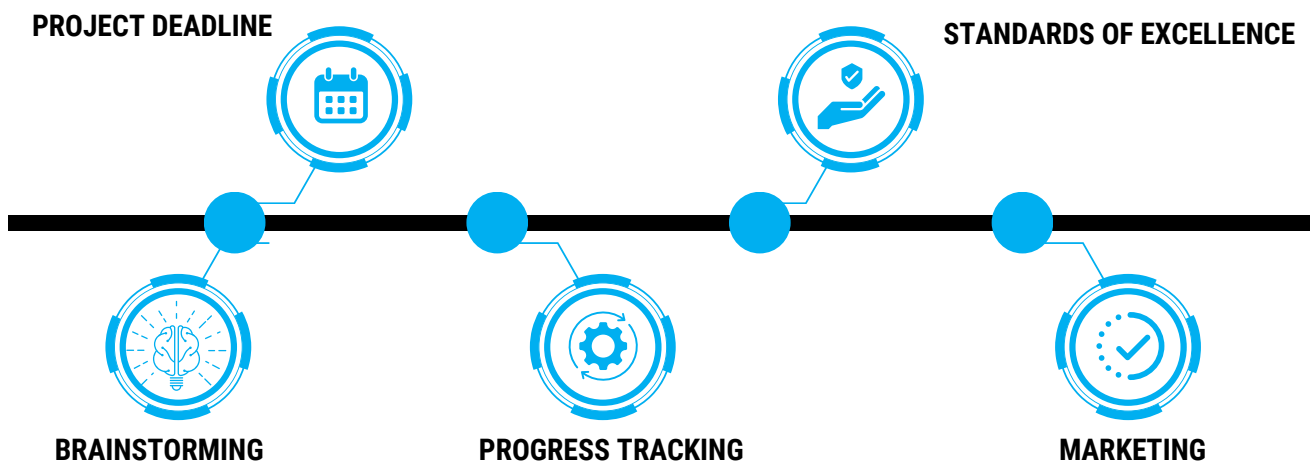
DEADLINE

PLANNING TIMELINE WORKSHEET

GOAL/TASK:



GOAL/TASK:



MONTHLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES AND IDEA

YOUR THOUGHTS

DAILY JOURNAL

DATES :

MOOD :

GOAL

-
-
-
-
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-
-

TO DO LIST

-
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-

TIME TO REFLECT ON YOUR JOURNEY

REFLECTION

RE-EVALUATE

Sit back and reflect on where you started and how far you have come.

ADJUSTMENTS

Identify anything that is causing you to be held back or to push forward

CHALLENGES/OBSTACLES

PLAN

CREATE A NEW MAP

Your new actionable steps to reaching your maximum potential