

# Purpose



1. Imagine that you are to be honored at an awards ceremony. This is such an important event that your family and friends have been asked to talk about you and the positive things you have done in your life. Each one will say one or two things you have done to help them, to be a good friend, or just say something good about you that they like.

What would each of them say?

Father



Mother

Sister(s)



Brother(s)

Friend 1



Friend 2

2. What would you like them to say about you?

3. What other unique qualities do you have that they could mention?

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4. Our purposes in life develop from the unique qualities we possess. What are some purposes or life goals you could develop based on your unique qualities?

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5. Do you know anyone who doesn't feel like they have any good or unique qualities? \_\_\_\_\_

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6. What is that person like? What goes through his/her mind during the day? \_\_\_\_\_

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7. How does alcohol/drug use influence your purpose for living? \_\_\_\_\_

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8. What will you do during the months ahead to enhance, develop or fulfill your purposes in life? \_\_\_\_\_

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