



PURPOSE

WORKSHEET

DESIGNED BY
SUCCESS MENTOR
DARREN HARDY



“ Your purpose in life is to find your purpose and give your whole heart and soul to it. ”
BUDDHA

LAST DAY REFLECTION

Imagine that your doctor told you had only 24 hours to live. I know this is a morbid thought and a scary one (that’s part of its effectiveness), but a thought very worthy of introspection. Worse would be to die not having given it thought.

Get out of your head and step into your heart. Take this seriously. If you were to die in 24 hours, how would you feel? Now, take the time now to reflect deeply and write down your thoughts and feelings in answer to the following questions.

REGRETS

Three things I did or didn’t do:

RISKS

Three risks I should have taken:

PEOPLE

Three people I wish I had loved more, expressed more and been more for:

LOOSE ENDS

Three loose ends that will burden those left behind:



MY EPITAPH

At the end of your life if you and your existence had to be summed up in a single sentence what would that sentence say?

“ Don't leave your life up to chance. Grab the reins of your life, and charge gallantly in the direction of your grandest vision. ”

DARREN HARDY



ADDITIONAL RESOURCES



BUSINESS MASTER CLASS

Breakthrough strategies for high-impact business builders.

DHBusinessMasterClass.com



DARRENDAILY

Daily mentoring to grow #BetterEveryDay.

DarrenDaily.com



HERO'S JOURNEY

A growth adventure in becoming a modern leader.

HerosJourney.com



DARRENDAILY ON-DEMAND

Podcast to grow #BetterEveryDay on the go!

DarrenDailyOnDemand.com



INSANE PRODUCTIVITY

The ultimate self-mastery training system.

INSANEPRODUCTIVITY.com



LIVING YOUR BEST YEAR EVER

A proven system for achieving BIG goals.

LivingYourBestYearEver.com



JUMPSTART

Igniting the Compound Effect in your life.

JumpstartMySuccess.com



THE COMPOUND EFFECT

Jumpstart your success, your income, your life.

TheCompoundEffect.com



THE EFASTPASS

Essential training system to thrive as an entrepreneur.

eFASTPASS.com



THE ENTREPRENEUR ROLLER COASTER

Essential guidebook to launch as an entrepreneur.

RollerCoasterBook.com



HIGH-PERFORMANCE FORUM

Private forum led personally by Darren Hardy for CEOs and business leaders.

High-PerformanceForum.com



DARRENDAILY JOURNAL

Designed to help you capture notes and turn ideas into plans of action.

DarrenDailyJournal.com