

3-CIRCLE PURPOSE MODEL

Follow the steps below to brainstorm a purpose that's rooted in your values, backed by daily habits, and aimed toward meaningful goals.

PURPOSE

What truly drives me? What matters most to me?

Examples:

- *Prove I can do hard things*
- *Take care of my family*
- *Be the best version of myself*

HABITS

Are my daily choices aligned with my purpose?

Current Habits

New Habits

GOALS

What kind of person do I want to become?

Your goals are your long-term aims that grow from your purpose and are backed by your habits.

Do my current habits match both my purpose and my goal?

☐ YES ☐ NO

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Now, crystallize your purpose, your ideal habits, and your long-term goals. Then place your purpose model where you can see and review it every day.

IMG ACADEMY⁺



MY GOALS

MY HABITS

MY PURPOSE