

THE PURPOSEFUL(L) YOU

The journey to figuring out and achieving your life's purpose has many twists and turns. We will explore the steps and strategies you can use to manifest your full potential.

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Vision. Clarity. Calling.

120 Common Core Values					
Accountability	Cooperation	Expertise	Ingenuity	Positivity	Strategic
Accuracy	Correctness	Exploration	Inner Harmony	Practicality	Strength
Achievement	Courtesy	Expressiveness	Inquisitiveness	Preparedness	Structure
Adventurousness	Creativity	Fairness	Insightfulness	Professionalism	Success
Altruism	Curiosity	Faith	Intelligence	Prudence	Support
Ambition	Decisiveness	Family-orientedness	Intellectual Status	Quality-orientation	Teamwork
Assertiveness	Democraticness	Fidelity	Intuition	Reliability	Temperance
Balance	Dependability	Fitness	Joy	Resourcefulness	Thankfulness
Being the best	Determination	Fluency	Justice	Restraint	Thoroughness
Belonging	Devoutness	Focus	Leadership	Results-oriented	Thoughtfulness
Boldness	Diligence	Freedom	Legacy	Rigor	Timeliness
Calmness	Discipline	Fun	Love	Security	Tolerance
Carefulness	Discretion	Generosity	Loyalty	Self-actualization	Traditionalism
Challenge	Diversity	Goodness	Making a difference	Self-control	Trustworthiness
Cheerfulness	Dynamism	Grace	Mastery	Selflessness	Truth-seeking
Clear-mindedness	Economy	Growth	Merit	Self-reliance	Understanding
Commitment	Effectiveness	Happiness	Obedience	Sensitivity	Uniqueness
Community	Efficiency	Hard Work	Openness	Serenity	Unity
Compassion	Elegance	Health	Order	Service	Usefulness
Competitiveness	Empathy	Helping Society	Originality	Shrewdness	
Consistency	Enjoyment	Holiness	Patriotism	Simplicity	
Contentment	Enthusiasm	Honesty	Vision	Soundness	
Continuous Improvement	Equality	Honor	Vitality	Speed	
Contribution	Excellence	Humility	Perfection	Spontaneity	
Control	Excitement	Independence	Piety	Stability	

Positive Personality Adjectives

Able	Active	Adaptable	Adventuresome	Adventurous	Ambitious	Appreciative	Authentic	Aware
Balanced	Bold	Brave	Calm	Capable	Carefree	Caring	Cheerful	Clever
Compassionate	Concerned	Confident	Conscientious	Considerate	Courageous	Creative	Curious	Dainty
Daring	Dedicated	Dependable	Determined	Devoted	Diligent	Direct	Directed	Disciplined
Discriminating	Distinct	Dynamic	Eager	Easy-going	Empathetic	Enduring	Energetic	Enterprising
Enthusiastic	Ethical	Exceptional	Excited	Exuberant	Fair	Fascinating	Feisty	Fervent
Flexible	Forgiving	Friendly	Fun	Generous	Gentle	Genuine	Giving	Gutsy
Happy	Hard Working	Healthy	Helpful	Honest	Honorable	Humble	Humorous	Idealistic
Imaginative	Independent	Ingenious	Inquisitive	Insightful	Integrity	Intelligent	Interesting	Intuitive
Inventive	Jolly	Jovial	Joyful	Keen	Kind	Knowledgeable	Laid-back	Leader
Light-hearted	Likable	Lively	Loveable	Loving	Loyal	Magical	Mannerly	Mature
Mellow	Memorable	Mighty	Motivated	Natural	Neat	Noble	Nurturing	Observant
Open-minded	Optimistic	Organized	Original	Out-going	Patient	Patriotic	Peaceful	Perceptive
Perky	Persevering	Persistent	Pleasant	Popular	Positive	Practical	Principled	Private
Problem-solver	Proud	Quick-witted	Quiet	Rational	Real	Reasonable	Reflective	Reliable
Resilient	Resourceful	Respectful	Responsible	Self-confident	Self-directed	Self-sacrificing	Self-starter	Self-sufficient
Sensitive	Sharp	Sincere	Skillful	Smart	Sociable	Spirited	Spiritual	Spontaneous
Stable	Steady	Strong	Studious	Successful	Supportive	Surprising	Sympathetic	Talented
Thorough	Thoughtful	Tireless	Tolerant	Trusting	Trustworthy	Truthful	Understanding	Unique
Unselfish	Upbeat	Vigilant	Warm	Wise	Witty	Wonderful	Worthy	Youthful

Oh, the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable his ways!
Romans 11:33-35

RESILIENCE

“the developable capacity to rebound or bounce back from adversity, conflict, and failure or even positive events, progress, and increased responsibility” (Luthans, 2002)

³ Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, ⁴ and endurance produces character, and character produces hope, ⁵ and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

Romans 5: 3-5



1. Reflect on how you typically feel when things don't go as planned or you don't get the desired result for something you really wanted. How do you typically react to this disappointment?

2. Reflect on a challenging experience you have had in the past where you were able to reframe your thinking about the disappointment or hurt you felt and turn it into a growth mindset. What was the situation and how were you able to put everything into perspective to leap forward?

