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Activate
YOUR
PURPOSE

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activateyourbest.com

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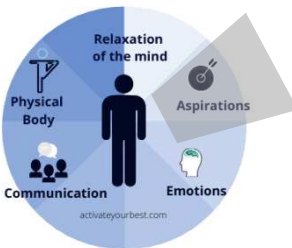
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OUR SERIES

Activate Your Purpose is the second book in the Activate Your Best Book Series. The purpose of this workbook series is to guide emerging leaders in gaining a clear understanding about themselves and how they can lead a diverse population by increasing their self-awareness.



The Activate Your Best Book Series helps emerging leaders focus on (re)discovering, examining, and developing their emotions, physical body, mental aspirations, and social selves. By (re)discovering yourself, emerging leaders can lead with greater impact by improving their thinking, behavior and conversations.



INTRODUCTION

Are you clear about what you truly want to do or represent in the world? Are you activating your passions daily?

This guide is created for emerging leaders who need help clarifying their leadership purpose. In this workbook, you will reflect and write down your true desires by activating your **mental aspirations** – which is merely your life's purpose.

This workbook will give you the opportunity to list your values, strengths, leadership interests and accomplishments. As a result, you will be on the path to creating your personal leadership statement.



Values

To help you determine your purpose, knowing your values are important. Values are important things in your life that you care about based on your beliefs and convictions. Values are established because of years and years of experience and can truly be discovered under pressure.

Assessing your values will help to determine the basis for low or high motivation in your life and determine the basis for conflict when interacting with others. Many people who pursue work that is congruent with their values feel satisfied and successful in their life.

Here are questions to help you determine your core values

- What excites you the most?
- What makes you angry or upset?
- What are you most proud of?
- What things or events excites you the most?

To determine your most important values, think about a time when you were under stress or pressure. Did you use this value or forget about it? Under pressure, people determine what is



important to them. If you have a clear set of values before a crisis, you are more prepared to make decisions based on the established values because you live by them and practice them every day.

Once you are clear about your important values, you can talk to people you interact with about their core values. Do you have the same core values as people you interact with? How are other people's values like your values? How are they different? As a result of knowing others important values, you will be better able to align yourself with others when you know their core values and it helps you understand why people do what they do.

When you identify your values, make sure others around you are clear about what is important to you at work and in your personal life.



Purpose

People can discover their best by being purpose focused. That is knowing your purpose and putting it to work in your life.

Aspiring to greatness requires work and determination. When a person is not living or in a process of creating their passion, this leads to isolation and depression.

Identifying your purpose

Your leadership purpose is something that you feel passionate about; it is who you are and what makes you unique. It is how you feel you will engage yourself, the world and your community and what contributions you can make to the world.

Your personal leadership statement clarifies your internal desires that are reflective of what you value in life and what you aim to be.



Everyone has a unique role in the contribution to society. Through knowing and activating your purpose, you can discover your innate sense of being and recognize your special gifts and contributions.

Knowing your true leadership purpose can help focus on your life's work and activate your passion. However, your leadership purpose can change as you grow or develop.

To help you create your leadership personal statement, you may ask yourself, what excites you about the world? What do you want to contribute to the world? Is it helping or teaching others, spending time with family, establishing, and maintaining an enterprise or maybe even organizing things or events? Once your purpose is clear, it can be activated at work and in your personal life.

You can discover your personal power when you engage in behavior and activities that are related to your purpose in life.

Your leadership purpose is not your job; although, it can be activities that you engage in at work or in your spare time with family, friends, or community.



Your purpose may change as you develop and grow in your life. If you do not engage in your purpose, you can often feel lifeless, depressed, or maybe even anger.

Becoming purpose focused

Knowing and activating your leadership purpose can help raise your personal power because you will be focused on your life's work and doing what you love to do. However, your leadership purpose can change as you grow or develop.

Once you identify your leadership purpose, determine what you can do to make an impact. Do not just talk and think about it; engage in activities that will help you activate your true purpose.

Recently, I met with a client who was noticeably clear about her leadership purpose and she said she will engage her purpose as soon as she gets more money. This is very limiting because we do not know what tomorrow holds. Sometimes people get unfocused because they feel they know their purpose; however, they do not have the resources or means to carry it out. Remain focused and think of creative ways you can act out your purpose such as volunteering your services or participating in extra activities at work or at home.

Thus, no matter your situation, take time to activate your purpose on a regular basis. For example, if your purpose is to help others create a life of love and compassion for all, you can integrate behaviors and actions of love and compassion at work, with your family, church, or community.



Becoming purpose focused also requires turning on relaxation exercises such as mindfulness, yoga, and deep breathing (we discussed these exercises in the first book in this series – Tune in and Turn on). The activities will guide you in increasing your focus and commitment.



Activity

The next few pages provide an opportunity for you to reflect and think about your true purpose.

This process can take weeks to months and may change throughout the course of your life. So be patient with yourself as you discover and remain focused on your true passions.



Your Accomplishments

On the next page, write down all your major leadership accomplishments. Your accomplishments are your greatest achievements in your personal and professional life.



Summarize Your Accomplishments



Leadership Style/Inspiration

On the next page, summarize how you inspire others and write down your leadership style. Here are some questions you can ask yourself.

- What leaders have inspired you in the past?
- What leadership models or frameworks do you practice or integrate into your professional and personal life?
- What is your purpose as a leader?
- How do you inspire other people?
- Why do people want to be led by you?
- What can people expect from you? How do you set an example?



Summarize Your Leadership Style/Inspiration



Your Strengths

On the next page circle (or write down) all your strengths. If you need help with this question, ask people you trust or people you work with to identify what you do well.

In the section, personal leadership profile, you will write out your 5 most important strengths.



Accurate	Disciplined	Planning
Adaption	Educated	Preparation
Administration	Empathetic	Presentation
Adventurous	Energetic	Prioritization
Advising	Enthusiastic	Problem-solving
Ambitious	Evaluation	Product
Analytical	Flexible	development
Artistic	Focused	Reporting
Assertive	Honest	Research
Athletic	Idealistic	Resolution
Authentic	Implementation	Resourceful
Bookkeeping	Independent	Respectful
Budgeting	Influence	Responsible
Caring	Initiation	Sales
Charming	Innovation	Spontaneous
Checking	Inspirational	Strategic
Communication	Intelligent	Supervision
Compassionate	Knowledgeable	Tactful
Confident	Leader	Teaching
Considerate	Learning	Team building
Coordination	Listening	Team-oriented
Counseling	Managing	Thoughtful
Courageous	Marketing	Training
Creative	Motivated	Trustworthy
Data analysis	Negotiation	Understanding
Decisive	Open-minded	Uniting
Dedicated	Optimistic	Visionary
Delegation	Orderly	
Deliberate	Organized	
Detail-oriented	Patient	
Determined	Peaceful	



Your Values

On the next page, circle (or write down) all your important values. Values are important things in your life that you care about based on your beliefs and convictions.

In the section, personal leadership profile, you will write out your 5 most important values.

Acceptance
Abundance
Accountability
Achievement
Adaptability
Adventure
Ambition
Attention to
Detail
Balance
Beauty
Commitment
Calmness
Caring
Challenge
Change
Charity
Cheerful
Comfort
Commitment
Community
Compassion
Competition
Concern for
Others
Consciousness
Courage
Creativity
Customer
Satisfaction
Discovery
Diversity
Dedication
Dominance
Education

Excellence
Fairness
Faith
Family
Flexibility
Focus
Freedom
Friendship
Giving
Honesty
Humility
Imagination
Independence
Individuality
Innovative
Integrity
Intelligence
Intuitive
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Love
Loyalty
Organization
Patience
Persistence
Personal Growth
Philanthropy
Prosperity
Power
Professionalism
Quality

Relationships
Reliable
Resilience
Respect
Risk Taking
Safety
Security
Self-Awareness
Sense of Humor
Sensitivity
Service
Sharing
Sincerity
Spirituality
Spontaneous
Stability
Strength
Success
Sympathy
Teamwork
Thankful
Thorough
Thoughtful
Timely
Tolerance
Transparency
Trust
Truth
Unity
Vitality
Warmth
Wealth
Wisdom

Your Contributions

On the next page, write down your contributions to the world as a leader. What will you do or say to contribute to the growth and development of your family, community, work culture or/and the world? Here are some questions you can ask yourself.

- How do you see yourself contributing to the world 1 - 2 years from now?
- How do you see yourself contributing to the world 5-10 years from now?
- What do you find exciting in or about the world?
- What angers you?
- What do you most want to teach or represent in this world?



Summarize Your Contributions



Additional Notes



Reflect on who you
are and how you can
contribute to your
family, your
community
and the world.



PERSONAL LEADERSHIP PROFILE

On the following pages, write down your significant accomplishments, 5 key values, 5 key strengths (select the top 5) and your personal leadership statement. By writing this down, you will gain clarity about your purpose, and begin the process to take specific action.



Most Significant Accomplishments

5 Key Values | 5 Key Strengths

Leadership Purpose Statement

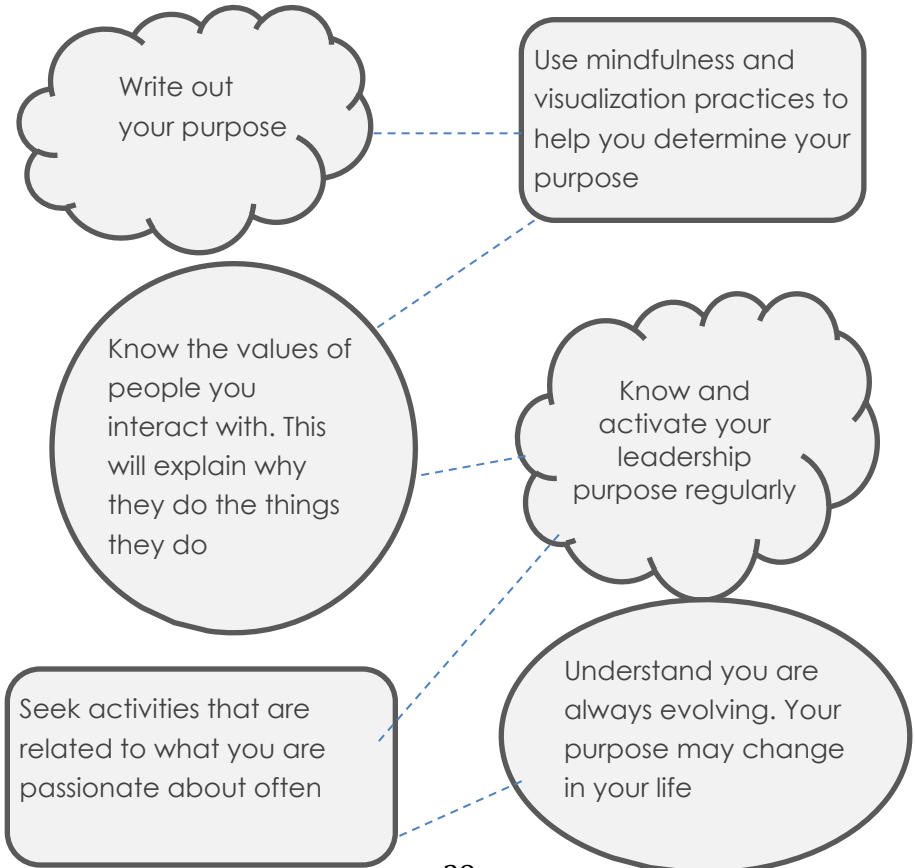


Pulling it all Together

Once you determine your leadership purpose start activating it into your life in activities daily. Determining your purpose may take weeks or months for some people. If it does, keep focusing and reflecting on determining your true passions and how you choose to contribute to the world currently in your life.

In summary, here are some practices you can incorporate into your daily life to help you activate your life's purpose.

To begin the process of journaling your goals, progress and areas for growth to go to activateyourbest.com





ABOUT THE AUTHOR

Dr. Jessica Blalock is an organizational psychologist, trainer, consultant author. She has delivered innovative services and products to enhance leadership, staff development and program processes and performance. She earned her Ph.D. in Psychology, with a focus in Applied Psychology, from the University of Tennessee. She has more than 15 years of experience and has worked nationally and internationally with a variety of clients including government, non-profit, private, education, utilities, and financial. Dr. Blalock has worked with Fortune 500, mid-sized and small organizations domestically and international.

ADDITIONAL PRODUCTS BY THE AUTHOR

Best Self Journal
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Gratitude Journal, Jessica Blalock, Ph.D.
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Discover Yourself: A Personal Development
Workbook, Jessica Blalock, Ph.D.
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