

# DESIGN A LIFE OF PURPOSE



## 01

Create a bold vision  
for your life!

## 02

Protect your  
vision with "Wills  
& Wonts."

## 03

Learn to stand up  
against pressures  
you might face.

## 04

Lead & inspire  
others

\_\_\_\_\_ 's life of purpose



@vive18\_



VISION FOR YOURSELF



FAMILY / RELATIONSHIPS



HOBBIES / BUCKET LIST



JOB / CAREER



MONEY / POSSESSIONS



IMPACT / PURPOSE



DISTRACTIONS

WONT'S

WILLS

DESIRES



# FLIP THE SCRIPT

① That's okay, I'm not... \_\_\_\_\_.

② When they ask \_\_\_\_\_, you ask \_\_\_\_\_.

No thanks, I'll have a... though.

No thanks, do you mind if I... though?

③ No thanks, I don't... want to...?!

# BEING A P.E.A.R.L.

## FOR INFLUENCE AND LEADERSHIP

### PURPOSEFUL

What are 3 words you want people to describe you as when they think of you?

Does someone else you know display these things? What can you learn from them?

### ENCOURAGING

How can you encourage others to be successful?

Is there someone you know who makes you feel encouraged? How do they do that?

### AUTHENTIC

What are some things you do, say or go along with just because others do? That's not authenticity.

What would you say or do if you didn't care what others thought of you? That IS authentic!

# BEING A P.E.A.R.L.

## FOR VIRTUAL INFLUENCE AND LEADERSHIP

### RESILIENT

If you stand for the 3 things you wrote in the Purposeful section, what kinds of people might not like that? *(Might be the opposite of your 3 things)*

What is a way you can remember to focus on the people who support you and give you energy, rather than the people who don't resonate with you?

### LEADER

If you could change one thing about your life, your schools or your culture, what would it be?

What's one thing YOU can start doing to help make this happen, or show that it's possible?



#### ABOUT JAKE WHITE:

Jake became an entrepreneur in college by starting a national sober movement. Today he speaks at schools across the nation.

If you'd like to work with him again, consider Jake for...

- School assemblies
- Leadership conferences
- Prevention videos
- Virtual events
- Guest speakers



Send me a pic of your completed worksheets on instagram or email ([jake@vive18.com](mailto:jake@vive18.com)) for a chance to win t-shirts, gift cards and more!