

Finding Life Purpose

Worksheet: Exploring Meaning, Values & Direction

Important note

This worksheet is an educational support tool, not a replacement for professional mental health or spiritual guidance. Exploring purpose should feel supportive, not overwhelming.

Purpose

This worksheet is designed to help you reflect on meaning, values, and purpose in a gentle, non-pressured way. It does not aim to produce a single answer, but to support clarity and alignment over time.

Take your time. You may skip any section.

Part 1: What Gives Life Meaning

Reflect gently:

- Moments, experiences, or relationships that feel meaningful to me:

- Times when I feel most connected, alive, or engaged:

Part 2: Values That Matter to Me

Consider:

- Values that feel important or non-negotiable in my life:

- Ways I already live in alignment with these values:

Part 3: Purpose at This Stage of Life

Purpose can change over time.

Reflect:

- What feels important to focus on right now?

- How does this stage of life shape my priorities?

Part 4: Spiritual, Religious, or Personal Meaning

Reflect in whatever way fits you:

- Beliefs, philosophies, or perspectives that guide me:

- Whether meaning comes from faith, spirituality, humanity, or personal values:

Part 5: Living Purpose in Small Ways

Purpose is often expressed through daily action.

Reflect:

- Small ways I already live with intention or care:

- What feels meaningful to carry forward right now?

- What does a purposeful life realistically look like for me?

Closing Note

Finding life purpose is not about finding the right answer.

It is about listening, reflecting, and choosing —
again and again — what feels meaningful and aligned.

And you are allowed to grow into that over time.

How to Access Further Support in New Zealand:

- Contact your local GP
- Dial 111 for immediate support
- Free call or text 1737 any time for support from a trained counsellor
- Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- Youth line – free text 234, call 0800 376 633, webchat at youthline.co.nz, DM on Instagram @youthlinenz, message on Whats App 09 886 56 96.
- Samaritans – 0800 726 666
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Depression Helpline – 0800 111 757 or free text 4202 To talk to a trained counsellor about how you are feeling or to ask any questions
- Anxiety NZ – 0800 269 4389 (0800 ANXIETY)