



Life's Core Purpose™ Worksheet

Before you watch the Life's Core Purpose video, please do the following:

1. Download the [Dictionary.Com](https://www.dictionary.com) app for your phone. You will need it to look up definitions, and we have found it has more detail than the online version that you can access with your computer.
2. Print this worksheet. You will use it as you watch the corresponding video.

Allow yourself about one hour to complete this exercise. When you are ready, start the video.

Use the smart phone APP to look up definitions. We recommend [Dictionary.Com](https://www.dictionary.com) as the APP is more detailed than the on-line version. Print this Document

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“Core Competence Category”

As you watch the video, use this section to take notes about each Core Competence Category.

STEP ONE

YOUR NOTES FOR STEP ONE:

Category 1

Category 2

Category 3

Category 4

Category 5

Category 6

Consider the COGNITIVE SKILLS CATEGORIES JUST VIEWED.. While you use ALL of these cognitive skill categories, one of them is given to you in a larger portion than the other five. Select the one that comes closest to describing you based on the presentation.

Which CATEGORY is MOST LIKE you? _____

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STEP TWO- DRILL DOWN-

Directions: Looking at the Competence Category you've selected above, (E.G Knowledge) apply your attention to the VERBS under that category ONLY,(find it below). Circle the three verbs in your category that “ring a bell” or stand out or resonate with you, Then LIST them in the space provided at the end of Step TWO, then restart the video.

You need a smart phone APP to look up definitions. We recommend Dictionary.Com as the APP is more detailed than the on-line version.

1. Knowledge

Collecting	Describing	Identifying	Listing	Capturing	Telling
Chronicling	Quoting	Articulating	Recording	Researching	Accounting
Enumerating	Reporting	Labeling	Naming	Sequencing	Stating
Learning	Explaining	Cataloguing			

2. Comprehension

Associating	Seeing	Digesting	Clarifying	Perceiving	Alluding
Extending	Discerning	Discussing	Assimilating	Summarizing	Implying
Paraphrasing	Defining	Grasping	Interpreting	Understanding	
Signifying	Illustrating	Extracting	Extrapolating	Estimating	

3. Application

Executing	Classifying	Producing	Assembling	Completing	Applying
Calculating	Charting	Matching	Teaching	Developing	Planning
Relating	Preparing	Administering	Recycling	Re-viewing	Recalling
Recollecting	Computing	Activating	Reusing		

4. Analysis -

Examining	Arranging	Connecting	Dividing	Parsing	Separating
Sorting	Comparing	Contrasting	Dissecting	Selecting	Ordering
Breakdown	Correlating	Diagraming	Discriminating	Analyzing	Inspecting
Inferring	Outlining	Testing	Subdividing	Pinpointing	Prioritizing
Differentiating	Deducing				

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5 Evaluating

Proving Appraising Inferring Validating	Assessing Concluding Defending Verifying Determining	Supporting Gauging Justifying Ranking Influencing	Reframing Sizing Evaluating Rating	Grading Judging Critiquing Negotiating	Rendering Deciding Measuring Persuading
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6.Synthesis

Adapting Combining Creating Reinforcing Designing	Anticipating Composing Formulating Structuring Remodeling	Compiling Generalizing Integrating Renewing Changing	Devising Modifying Rearranging Renovating	Hypothesizing Inventing Speculating Reorganizing	Rewriting
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Directions:List your circled words here. (Leave the small space to the left blank until instructed)

Words List

My Core Competence: _____

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Core Passion – STEP THREE

Passion is the fuel that drives the competence. It is that internal concern, that you want the world to have---- that it lacks. If the people and groups and the world had this concern and acted on it---- **the world would be better.** You are frustrated by its absence, and complain about it a lot. You've experienced joy when it was present or actualized in your life or someone else's life.

Write what comes to mind here- (Restart the Video after writing this out)

Question 1

Question 2

Question 3

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Passion Refining-

CIRCLE IMPORTANT WORDS- Look at what you've written for the answer to EACH question above. Ignore the VERBS. Focus on the words that communicate a RESULT or OUTCOME.

Example: I want see more **organization**, or **order** in the world, because chaos is destructive.

In this example you would circle organization and order, because those are the results you want to see.

SELECT the circled words that "ring a bell" or seem most familiar, and **LOOK** up their definition.

ONE of these words (and it's definition) will really impact you in your heart, as something you really want to see happen in the world around you. The one that you will not compromise on, is your **Core Passion**.

My Core Passion- _____

Putting it together Step Four

Record them together- _____

Core Competence

Core Passion

(Note: be sure to put the **ING** at the end of your Core Competence)

NEXT STEP- WATCH THE FREE COACHING VIDEO!

- Right below the LCP video, on our website, is the free Coaching Video, watch it right away!
- Do the three assignments right away! Then let them work for about 30 day!
- How you IMPLEMENT the coaching in this video will determine your success with your Life's Core Purpose.
- Question? Go to lifescorepurpose.com and reach out on the chatbot with a question and your email and we'll get back with you soon!

Email Us Info@lifescorepurpose.com

Subscribe to our FREE bi-weekly Purpose "tips".

<https://lifescorepurpose.com/newsletter-sign-up/>

NEXT STOP- THE CAREER TRACK- <https://www.vimeo.com/ondemand/careertrack>

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