

**Living On Purpose (LOP)
Statement Workbook**
Adapted from D. Amen's M.D. One Page Miracle

In Group Assignment

1. Listed below are common values for any person.
Rank them in order of importance (1 being the most important and 10 being the least important).

Value	Rank
Personal wisdom	
Money	
Meaningful and fulfilling relationships	
Fame	
Personal accomplishments	
Legacy	
Honesty/integrity	
Faith in yourself	
Faith in a higher power	
How you appear to others	

Group Discussion

Briefly describe why you ranked the items in the order listed above.

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In Cell Assignment

Answer the following question to help you shed light on what you value, use another sheet of paper if needed.

2. What are you doing to accomplish or enhance the first five items you placed on the list?

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In Cell Assignment

Answer the following question to help you shed light on what you value, use another sheet of paper if needed.

6. Reflect on you emotional development as a child in your family. Do you think it has impaired or enhanced your development? In what ways?

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With the previous information you are ready to develop your LOP Statement. This statement will help you guide your thoughts, words and actions.

Use the following sheets to write out your major goals. Once you have completed your goals, start every day reading your LOP. It will help you focus your time and energy on things that matter to you and have value. It will help you keep your life on track. Your LOP will guide you to a place you want to be. Your LOP a written statement of what is important to you, what is meaningful. Remember the following points about meaning¹:

- You pursue it, allow it, and are open to it
- You can feel it strongly, or weakly
- You can express it, or keep it to yourself
- It, at times, can feel burdensome
- You can have it for many things and people
- It can be multiplied (it need not be divided)

¹ Thomas Marra, Ph.D.

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What do I want? How am I going to make it happen?

Relationships:

Spouse/Boyfriend/Girlfriend:

Children:

Friends:

Family:
