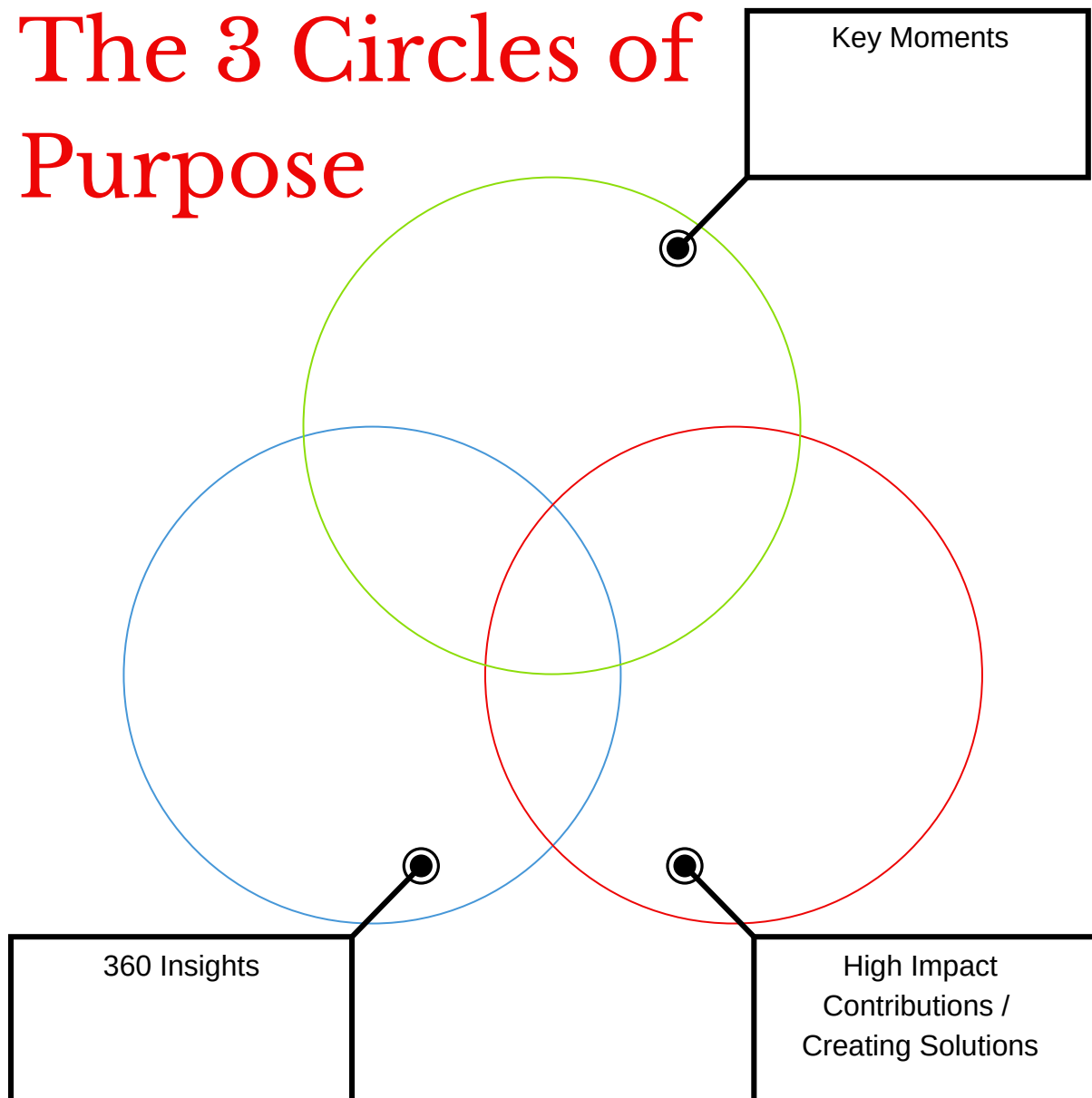


**Circle 1: Key Moments** - think back over your whole life to identify moments when you've experienced most satisfaction, pride, energy and 'flow': from school DT projects, to career highlights, these are likely to be 'key moments' that you were in your sweet spot, unlocking insights about what makes you come alive.

**Circle 2: 360 Insights** - we learn who we are in community. We're often not the best at really understanding what others most appreciate about us, at seeing how we contribute value, make a difference, and enrich the lives of others.

**Circle 3: The 80/20 rule** - what has most impact? Where do focus and action bring about the most disproportionate results? This is where your strengths meet a vital need in your ecosystems, a problem or challenge that you're ideally placed to solve.

## The 3 Circles of Purpose



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# Finding your purpose-centre

**Finding the place where the 3 circles overlap - where you're in your 'sweet spot', being energised, focused, and experiencing satisfaction and success; where you're contributing your authentic best, and having the most impact - this is when you've tuned-in to your purpose-centre.**

## **Key Moments - Activity**

- Make a list of key moments, going back as far as you can remember, and when you've completed the list, go over each situation and consider what make it so good?

e.g. (14-18) leading youth group sessions in my teens: connecting the teenagers to each other, and giving them the confidence to open-up with each other. Getting to demonstrate leadership and give a creative outlet to help the group feel stronger, happier, inspired.

## **360 Insights - Activity**

- Reach out to a small but diverse group of people in your life, who maybe know different sides of you, or who see you in different contexts.

e.g. family member, colleague, friend. Tell them you're asking a small and select group to give you some comments on which of your strengths and qualities they most value, and where they see you making a difference. It doesn't have to be long.

## **Pareto (the 80/20 rule) - Activity**

- Learning to leverage your most high-value contributions: list the actions and activities that have made up your career or working life. Then see if you can identify the minority of causes that have led to the majority of your successes?

see 'The Pareto Principle' extract at [www.withdiversity.com/library](http://www.withdiversity.com/library)