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# PURPOSE-DRIVEN LIFE

**Purpose:** the aim is to give participants the time and space to take a step back and go deeper into their purpose and connect with each other.

## Objectives:

- A clearly-articulated, written copy of their internal personal purpose in life
- A clearer view of the personal aspirations and beliefs that drive them
- A deep connection with their personal source of energy
- A profound sense of connection and knowing that they are not alone in their journey

**Duration:** 1.5 hours long

**Group size:** this workshop can be done with as few as 4 participants and as many as 200. It is just important to have an even number of participants.

**Age:** 18+

**Materials needed:** A4 paper, pens, soft background music

## Process:

### Step 1, - Framing the session - 5 min

Framing the session by introducing the purpose of the workshop and giving examples from your life.

**Note:** it is recommended that you do this exercise for yourself first before offering it to others. This will give you a better feeling and understanding about the exercise and will enable you to facilitate a deeper and more impactful journey for others.

### Step 2, - Back2back exercise - 40 min

Once you have framed the session, introduce to participants "Back2back" exercise. You can explain the exercise in the following way. Feel free to use your own words and find your own way of introducing the exercise.

"For the next 30 minutes you will be working in pairs. We will do an exercise, which will help you become aware and understand better what drives you in life, what do you love doing and perhaps even realize what is your purpose in life.



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### Step 3, - Debriefing – 30 min

Invite participants back to the circle and facilitate a group reflection process. Below are some questions, you can use as guidance for the debriefing of the activity and group discussion.

- Was there something very difficult about this activity?
- Was it easier to be the listener or the speaker?
- Was there anything that surprised you?
- Did you learn something new about yourself or your partner?
- What steps can you take to get closer to your purpose?

### Step 4, - Commitment statement – 5 min

After group debriefing, invite participants to take A4 paper, colourful pens or markers and explain that for the next 5 minutes they will be working individually. Tell to participants that now is a perfect time to think and then write down on A4 paper 1 small step/commitment, which they can do in the next week and month, which will help them get closer to living and fulfilling their purpose, which they have just discovered. Give some examples.

Here are a few examples:

- If you want to be a writer, a simple commitment could be “I will write a small article or post on social media once per week”;
- If you want to be a photographer, a simple achievable commitment could be “I will go out once per week and take photos of my surroundings” or “I will join a photography course in the upcoming month”.
- If you want to start your own company, a small commitment could be “In the upcoming month, I will create a step-by-step plan of all the things, I need to do to start my own company”;

These are just couple of examples, but you can use your own examples.

### Step 5, - Solidifying the commitment – 10 min

If you have a small group up to 30 people, you can do this step in the big circle, if you have a group over 30 participants, then divide the group into smaller groups.

Now when everyone has written their commitment statements, one by one you will stand up and say out loud your commitment. Explain to participants that when we say out loud our commitments, people feel unconsciously accountable towards the group and this increases the chances of people following up on their commitments. At the same time, we never know who is sitting in the room with us and how much people can support our journey and help us achieve our dreams and purpose in life.



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### Step 6, - Check-out – 5 min

Invite each participant to share 1 word, which defines what they are taking away with them and how they are leaving the session. If you have a group over 30 participants, then you can simply ask couple of participants in the room to share how they are feeling and what they are taking away with them.

Note: this exercise was tested with diverse groups of people all over Europe since 2017 and while it might seem extremely simple, the impact it has on people is truly profound. It works each time and brings out incredible a-ha moments in people.

While working in pairs, you will need to either sit or stand back2back. You won't see each other's faces, so that your facial expressions and body language wouldn't influence you. However, it is important to touch each other's shoulders, so that you can feel the physical presence of the other person. You can choose, if you want to sit or stand back2back. For 9 minutes 1 person will be answering 1 question, which I will tell you in a moment, while the other person will just listen and write down on a piece of paper everything what you hear your partner telling you. Once the 9 minutes are over, I will tell you and you will switch roles, - the person who was speaking becomes the listener and the opposite. Once both have shared, I will tell you that and give you 10 min to share with each other what is that you have heard and hand over the papers to each other. At this point you will be able to look at each other and won't need to sit or stand back2back anymore.

#### The question, which you will answer is this:

Imagine that tomorrow morning you wake up, I come and tell you that from today on you need to choose 1 thing, which you would love to do for the rest of your life, - what would it be and why? What is that one thing, which you would love to do for the rest of your life and why?"

**Note:** at this point, it is good to give examples to the question as participants often ask. Emphasize that it can be absolutely anything and that it doesn't have to be work related. It can be work related, if they want to, but it doesn't have to be. Encourage participants just to let whatever comes to their mind flow without holding back or overanalysing. Perhaps participants have a hobby (ex. Gardening, travelling, hiking, etc.), which they would love to do for the rest of their life or maybe someone simply wants to focus all their attention to their family life. It can be absolutely anything!

Explain to participants that at some point during the 9 minutes, there might be a silent pause. When and if that moment happens, the listener can ask the question again " What is that one thing, which you would love to do for the rest of your life and why?". Tell to participants that often after the silence comes the most surprising thoughts and ideas.

Once you have explained the exercise, ask participants if they have any questions and if everything is clear to them. If everything is clear to them, ask participants to pair up and prepare for the exercise. Make sure that participants are sitting in an area where you can see them and easily walk around. Decide by yourself where participants could go and do the exercise, if there is more than 1 room available.



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