

# The Power of Purpose as You Age

**Dr. Karen L. Midyet, Psy.D.**

# Welcome to Your Purpose Journey

Welcome to The Power of Purpose as You Age workbook. Whether you're newly retired, navigating life transitions, or simply seeking deeper meaning in your days, this workbook is here to support you.

This is more than a set of exercises, it's a guided journey of reflection, discovery, and empowerment. As we age, our sense of purpose can shift, deepen, or even go through periods of questioning. That's natural. What's also true is that purpose doesn't fade with age; it evolves. And it remains one of the most powerful sources of vitality, health, and joy in our lives.

## How to Use This Workbook

Think of this as your personal exploration space. There's no rush and no "right way" to move through the pages. You can go in order or jump to sections that speak to you most strongly. This workbook is meant to be printed and written in, so grab a pen, pour a cup of something warm, and make it yours.

Some pages invite you to reflect quietly. Others ask you to remember, dream, or imagine. There's space for notes, journaling, and drawing connections. Don't worry about having perfect answers, this is about uncovering insights and finding your unique rhythm of purpose.

If you're using this in a workshop, you'll also have the opportunity to share, listen, and learn from others, another beautiful part of the journey.

## The Journey Ahead

Over the coming pages, you'll explore:

- Where you are now in your purpose journey
- How your identity has evolved and what's remained true
- The gifts and passions that still burn bright within you
- What you care most deeply about and the values that guide you
- How to express purpose through life's transitions
- Special considerations for solo agers
- Daily practices that keep your purpose alive
- How your purpose and your resources can align
- And finally, crafting a personal purpose statement to carry forward

Purpose is not a destination. It's a way of living aligned with who you are and what matters most.

I'm honored to walk this path with you.

## Purpose Check-In: How Aligned Do You Feel Right Now?

On a scale of 1 to 10, how would you rate your current sense of purpose in daily life?

- ☐ 1 – Not at all purposeful
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5 – Somewhat purposeful
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ 10 – Deeply purposeful

**What made you choose that number?**

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## Purpose Bright Spots

Even in times of uncertainty, we all have “bright spots” moments or areas where purpose shines through. These can be large or small, personal or shared.

Think about the past month or so:

- What activities made you feel alive or useful?
- Where did you feel most like yourself?
- When did time pass quickly?

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**What made you choose that number?**

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## Current Purpose Expression

Let's get specific. Where in your life are you currently expressing a sense of purpose?

*(Check all that apply and feel free to add your own.)*

- ☐ Family relationships
- ☐ Friendships and social connections
- ☐ Volunteering or community involvement
- ☐ Hobbies or creative pursuits
- ☐ Spiritual or religious practices
- ☐ Lifelong learning or mentoring
- ☐ Caregiving
- ☐ Nature or outdoor experiences
- ☐ Work or consulting
- ☐ Other: \_\_\_\_\_

**Which of these feels most meaningful to you right now, and why?**

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## Areas of Growth: Where Do You Seek More Purpose?

Now, let's look at the other side. In what areas do you sense a longing for more connection, meaning, or contribution?

**Complete this sentence:**

*"I would feel more purposeful if I could..."*

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What's one small step you could take this month to move in that direction?

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# Identity Reflection: Who Have You Been and Who Are You Becoming?

Aging often brings significant transitions. With each shift, our roles may change, but our core identity, the essence of who we are, remains, even if it needs rediscovering.

This section invites you to reflect on how your identity has evolved through life's stages, and what parts of yourself have remained steady through it all.

## Role Transition Timeline

Think back on the major transitions in your life, career changes, family milestones, health challenges, personal awakenings. These turning points often shape how we see ourselves.

Draw or list your life's key transitions below. For each one, reflect briefly on how it affected your sense of self.

**Example:** "Became a parent at 32 – Felt more responsible, but lost touch with personal hobbies."

### Your Transition Timeline:

*Age/Year*

*Transition*

*Impact on Identity*


What patterns do you notice?


What remained consistent in your sense of self through these transitions?


# The Gifts Inventory: What You Bring to the World

We all carry gifts; some we're born with, others we've cultivated through life. These gifts are part of your purpose. They are your unique contributions, and they deserve to be recognized, celebrated, and shared.

In this section, you'll uncover the talents, skills, and personal qualities that have made you who you are and explore how they might support others and give meaning to your next chapter.

## Natural Talents Assessment

Let's begin with the strengths that come naturally to you. Think about the things you've always done well, often without even trying.

What have people always said you're good at? (e.g., "You're such a good listener," "You make people feel comfortable," "You organize things so well.")

**Write at least 3:**

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## Skills You've Grown Over Time

Not all gifts are born we also develop valuable skills through work, parenting, volunteering, or personal challenges.

**List some skills you've gained through life experience:**

(e.g., leadership, budgeting, conflict resolution, gardening, storytelling)

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How did you gain these skills, and how might they be of service today?

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## Your Unique Contribution

**Complete this sentence from the Leider exercise:**

“From family and friends who knew me when I was young, I have heard that my special gift is...”

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**Now add your own voice:**

“I believe one of my greatest gifts is...”

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## Gifts in Action

How might your gifts support others or bring more purpose to your days now?

**Brainstorm a few possibilities:**

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**Remember:** Your gifts don't have to be grand. A simple act of kindness or a quiet presence can change someone's life.



# The Passion Assessment:

## What Sets Your Heart on Fire?

Passion is the spark that fuels purpose. It's what draws you in, lifts you, and makes you lose track of time. It's also a compass, it points you toward where your energy naturally wants to go.

In this section, we'll explore what you care deeply about, what captures your curiosity, and what experiences leave you feeling alive.

## What Do You Care Deeply About?

Start by listing causes, ideas, or communities that stir your heart.

I care deeply about...

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Why do these matter to you? What life experience shaped that passion?

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## Topics That Spark Curiosity

What subjects do you find yourself drawn to in books, podcasts, or conversations?

Topics I'm curious about include...

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When you follow that curiosity, how do you feel?

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## Flow Moments: When Time Flies

Think back to moments where you were so engaged that you lost track of time.

Activities or moments where time passes quickly for me...

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What do these moments have in common?

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## Leider's Energy Questions

Richard Leider, a pioneer in purpose coaching, suggests that we ask two simple questions to find where our passion lies:

**What gives me energy when I wake up?**

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**What do I resist doing or dread starting?**

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**These answers can guide you toward what to invite more of—and what to gently release.**

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# These answers can guide you toward what to invite more of and what to gently release.

Your values are your inner compass. They influence your decisions, relationships, and the way you experience purpose. As you age, your values may shift, or they continue to guide the life you want to live and the legacy you want to leave.

This section will help you identify your core values and reflect on how they align with your current life and future vision.

## Core Values Inventory

Below is a list of common values. Circle or highlight up to 10 that feel most important to you. Then, narrow it down to your top 5.

### Sample Values:

Authenticity • Compassion • Family • Freedom • Generosity • Growth  
Health • Humor • Integrity • Justice • Kindness • Learning  
Legacy • Love • Peace • Resilience • Security • Service • Spirituality • Wisdom

### Top 5 Core Values:

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Why did you choose these?

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## Values in Action

Think of a recent decision or moment you felt proud of. Which value(s) did it reflect?

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Now think of a situation where you felt frustrated or uneasy. Which value(s) might have felt compromised?

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## What Do You Stand For?

In your own words, describe the principles or causes you feel called to uphold. These might reflect how you want to live, lead, or influence others.

**What I stand for:**

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## Leider's Legacy Questions

Richard Leider encourages us to reflect on our lives from the perspective of the end.

Imagine you're at the end of your life, looking back. Ask yourself:

- What will I be glad I stood for?
- What do I want to be remembered for?
- What wisdom do I want to pass on?

**Legacy reflections:**

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# Purpose Statement Workshop:

## Putting It All Together

You've explored your gifts, passions, values, and life transitions. Now, it's time to bring these insights together into a clear, inspiring purpose statement something that can guide your choices, lift your spirit, and remind you why you get up in the morning.

### Begin with a Powerful Prompt

Start by completing this sentence, don't overthink it. Let your heart speak first.

"I get up in the morning to..."

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### Explore Different Versions

Purpose statements evolve. Try a few drafts. Play with language. Keep the ones that feel alive and toss the rest.

**Attempt #1:**

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**Attempt #2:**

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**Attempt #3:**

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# Elements to Consider Including

A strong purpose statement often includes:

- What you bring (your gifts or skills)
- Who you serve (people, causes, communities)
- How it matters (the difference you want to make)

**Use this guide to build your statement:**

I use my \_\_\_\_\_ (gift/skill) to support \_\_\_\_\_ (group/cause) in order to \_\_\_\_\_ (impact/meaning).

**Draft using this formula:**

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**Now personalize it in your own words:**

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## Inspiration from Others

**Here are a few sample purpose statements to spark ideas:**

- “I get up in the morning to help others find their voice and share their stories.”
- “I use my creativity and compassion to bring beauty and healing to my community.”
- “I serve as a bridge between generations by mentoring and sharing wisdom.”
- “I guide people through transitions with empathy and insight.”

## Refine and Reflect

Which version feels most true? Say it aloud. Adjust the rhythm. Let it sit and come back later if needed.

**My current purpose statement:**

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# Purpose Through Transitions: Navigating Change with Meaning

Transitions are a natural part of life—retirement, loss, caregiving, health shifts, or even a quiet change in routine. Each transition brings both challenge and opportunity. This section invites you to explore how purpose can be rediscovered, redefined, or reignited through change.

## Finding Purpose After Retirement

Retirement marks the end of one chapter, but not of your contribution.

**What do I miss most about my work identity or routine?**

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**What new freedom or opportunity has retirement given me?**

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**What's one way I can use my experience to help others now?**

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## Purpose Beyond Parenting

Parenting roles often shift or conclude as children grow. That doesn't mean your nurturing or guiding spirit is no longer needed.

**In what ways have I expressed purpose through parenting?**

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**Where else might I offer that same care or wisdom now?**

(e.g., mentoring, volunteering, creative projects, community leadership)

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## **Purpose After Caregiving**

Caregiving can be deeply purposeful—and also exhausting. When it ends, we may feel lost or relieved, or both.

**How did caregiving shape me or deepen my sense of empathy?**

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**What part of me might I now turn toward—perhaps something that was set aside?**

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## **Purpose Through Loss and Change**

Loss of a partner, a friend, a home, or an identity can leave us untethered. But it can also open space for new connections and insight.

**What or whom have I lost that shaped me deeply?**

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**What wisdom or strength have I gained through grief or change?**

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**What might I do in honor of what I've loved and lost?**

(e.g., start a tradition, volunteer, write, teach, create)

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# Purposeful Living for Solo Agers: Creating Connection, Legacy, and Meaning on Your Own Terms

Aging solo, whether by choice or circumstance, offers a unique mix of freedom, responsibility, and possibility. Without traditional family structures, solo agers often face both greater independence and the need to intentionally create support, community, and purpose.

This section is designed just for you to affirm your journey, highlight your strengths, and offer tools for living with clarity, connection, and purpose.

## Understanding Solo Aging and Purpose

You are not alone. More and more people are aging without a spouse, partner, or children. This growing demographic is redefining what it means to age well and purposefully.

**What does solo aging mean to you personally?**

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**What unique strengths or freedoms do you see in your solo path?**

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## Building Your Chosen Family

You may not have a traditional family structure—but you can create deep, lasting, and supportive relationships.

**Who are the people I feel most connected to right now?**

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**What steps could I take to deepen or expand those relationships?**

(e.g., initiate regular check-ins, share meals, ask for or offer help)

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**Are there younger people or peers I could mentor or learn from?**

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## Community as a Foundation for Purpose

Community is key to well-being and purpose at any age. It can be found in spiritual groups, hobby circles, volunteer teams, or co-housing models.

**What communities am I currently part of?**

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**What kind of community would I like to create or seek out?**

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**How can I be intentional in nurturing belonging?**

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# Legacy Without Direct Descendants

Your legacy can live through actions, stories, and influence—not just family lines.

What kind of impact do I want to leave behind?

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## What legacy tools resonate with me?

- ☐ Mentoring ☐ Ethical will ☐ Creative work  
☐ Volunteering ☐ Philanthropy ☐ Storytelling

## One step I can take toward legacy planning is...

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## Resources for Solo Agers

Make note of books, organizations, or people you want to explore.

### Resources I want to check out:

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This is your time. Your way. Solo aging is not about isolation it's about creation.  
You are the architect of a rich, connected, purposeful life.

# Daily Purpose Practices: Living Intentionally Each Day

Purpose isn't just a grand vision, it's found in the small moments, the daily choices, and the gentle habits that align your life with what matters most. This section offers simple yet powerful practices to help you stay connected to your purpose, one day at a time.

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## Morning Purpose Reflection

Start your day with intention. Use this quick check-in to center yourself on what truly matters.

**Today, I want to live with purpose by...**

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**A small step I can take today toward my purpose is...**

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## Evening Purpose Check-In

End your day by reflecting gently on what felt aligned.

**Today, a moment that felt purposeful was...**

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**One thing I learned or appreciated about myself today...**

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**Is there anything I'd like to do differently tomorrow?**

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## Weekly Purpose Tracker

### (Inspired by Richard Leider)

Take 10 minutes at the end of each week to track how you're living your purpose. This reflection helps you notice patterns, celebrate wins, and course-correct gently.

Week of	What gave me energy?	What drained me?	What felt meaningful?	A small change I'll make next week
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## Habit-Building Strategies

**Here are a few ideas to turn purpose into a sustainable practice:**

- Anchor it to existing habits (e.g., reflect during morning coffee or evening walk).
- Keep it visible: Post your purpose statement where you'll see it daily.
- Use reminders: Notes, phone alarms, or checklists to reinforce intentions.
- Celebrate small wins: Purpose isn't about perfection—it's about consistency and alignment.

# 30-Day Purpose Activation Plan

**My Purpose Statement:**

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(Feel free to revise or update this as needed.)

**In the next 30 days, I commit to taking the following steps to live more purposefully:**

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**One small daily habit I will practice:**

(e.g., morning reflection, reaching out to someone, journaling)

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**How I'll stay motivated and on track:**

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# Building a Support System

Purpose is stronger when shared. Identify the people or communities who can support your journey.

**People I can talk to about my purpose or plans:**

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**Groups, communities, or workshops I want to explore:**

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## Resources for Continued Exploration

Write down books, podcasts, courses, or organizations that resonate with your purpose journey.

**Resources I'd like to explore:**

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You're not starting from scratch, you're starting from strength. Every step you take toward living with intention adds meaning, not just to your life, but to the lives around you.