



LIFE/SOUL PURPOSE  
Role Worksheet

**Directions:**

In each category, mark your preference next to each item; rating each item from 0 to 3 from the least accurate to the most accurate statements about you. Remember while we all have some of the following traits the goal of this worksheet is to find the statement(s) that **MOST** accurately reflect your primary way of being which filters through everything you do. Complete each block before moving to the next section; use the following scale to rate each item.

- 0 = Not at all true  
1 = Somewhat true  
2 = Mostly true  
3 = Totally true
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- (S) I prefer to play a supportive nurturing role behind the scenes or on a one-to-one basis.
  - (P) I like to play an inspirational role that involves communicating with large groups.
  - (A) I feel I need to make everything I do a creative or inventive experience.
  - (Sa) I thrive on having attention and entertaining others.
  - (W) I focus primarily on 'doing' and getting results.
  - (K) I need to be the ultimate authority for anything I do.
  - (Sc) I am constantly seeking more knowledge.
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- (S) Helping others and making them comfortable is a primary motivating force for me in my life.
- (P) I have a strong sense of 'mission' in my life.
- (A) I have so many creative ideas that I do not know which ones to do first.
- (Sa) I enjoy using words in creative ways.
- (W) I welcome challenges as opportunities to strategize and organize.
- (K) I am exceptionally good at enlisting the assistance of others to work toward a common goal.

(Sc) Above all else, I enjoy studying things.

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(S) I place others needs before my own and sometimes feel others take advantage of me.

(P) I feel a powerful urge to help others to understand themselves on a deeper spiritual level.

(A) My unique expression is important to me.

(Sa) I must make everything I do fun.

(W) I tend to do everything myself rather than delegate them to others.

(K) I have a strong sense of responsibility for the success of any group I am involved with.

(Sc) I prefer to feel neutral and avoid extremes.

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(P) I am often concerned about the lack of spiritual awareness in individuals and society as a whole.

(A) I feel frustrated if I do not have opportunities to be creative.

(Sa) I tend to become disturbed when ignored.

(W) Principles are extremely important to me.

(K) I like to have a broad overview.

To calculate your score add each rating number in the box for the selected category (e.g. add up all the numbers in the boxes next to 'S'). Place your total score for each category in the boxes below.

(S)  (P)  (A)  (Sa)  (W)  (K)  (Sc)