

THE FIVE LIFE PURPOSE PROFILES

In simple terms, the five life purpose profiles are thinkers, feelers, caretakers, organizers, and leaders. Every person on the planet belongs in one of these groups, and knowing which you are is integral to truly understanding your life purpose in any moment of your life.

The **Creative Idealist** represents the highest and most creative *thinkers*



The **Charismatic Leader** represents the *leaders* and are willing to take the risks to lead others and fight for the causes worth fighting for or use their charisma to convince others to live more fully

The **Emotional Intelligence Specialist** represents the *feelers* and are the most empathic and gentlest people



The **Knowledgeable Achiever** represents the *organizers* and *achievers* through knowledge and those who see the big picture and who master and successfully complete tasks



The **Team Player** represents the *caretakers* and those who love being supportive to others in everything they do

These five profiles are based on the work of Alexander Lowen and Wilhelm Reich, and their work with bioenergetics—the relationship between the mind and the body. For more information about the profiles, visit www.RhysMethod.com, and explore Rhys Thomas's book [Discover Your Purpose](#), available at Amazon.com.

Photo courtesy of Erica Camille (<http://ericacamilleproductions.com/blog/2014/11/05/travel-blog-nong-khiaw-laos/>).