



MY PURPOSE

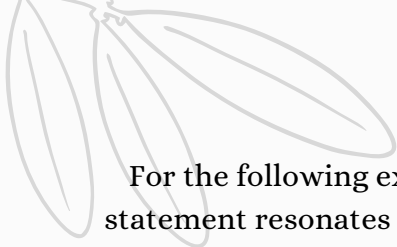
The following questions are designed to help you figure out your highest purpose by exploring the essence of your being. We recommend that you take some time to meditate and tune into yourself before answering if you truly want to take advantage of this exercise. We have given you some space to write down your thoughts, but feel free to grab your journal and let your Higher Self speak to you as you reflect on these topics. The more intention you have, the more answers you will receive.

What do I value the most in life?

What are some of my best attributes as a person?

What was I drawn to as a child?
What did I enjoy about those things?

If I had all the money in the world, what would I do with my time?



For the following exercises, read each affirmation and reflect on it. Think about how much this statement resonates with you and your life from the scale of 1 to 5 (1 being the least relatable and 5 being the most relatable). Journal about why you feel this way.

I feel fulfilled with my life right now.

1 2 3 4 5

Every morning, I wake up with a strong sense of purpose.

1 2 3 4 5

Every decision I make is directed by my heart.

1 2 3 4 5





I live my life the way it feels right for me, regardless of who accepts me or not.

1 2 3 4 5

If I die tomorrow, I'm at peace knowing that I was always true to myself.

1 2 3 4 5



I have a clear idea of who I am.

1 2 3 4 5



MEDITATE AND LOVE