

Life Purpose Guide

Without a purpose and a clear vision of what you desire from life, the days and years pass by.

Use this guide to help you hone in on your goals, find your purpose, build better habits, reframe your outlook on stress, and find a gratitude practice for each and everyday.

Life has so much to offer when we take a step back and focus on what is important and leave behind the things that are not contributing to our happiness.

Discover Your Purpose: Step 1

Guided Visualization

1 What do you enjoy most about your life right now?

2 What aspects of your life are you not satisfied with? Which of these would you like to eliminate from your life, and which of these would like to improve upon?

3 What do you want more of in your life? This could be time, money, human connection, access to nature, etc.

4 How do you feel physically and what is your ideal picture of health?

Let's imagine what you want your life to look like. In this exercise you are to answer the questions and take notes. Then sit in a quiet room with your eyes closed for 10 minutes and visualize exactly what you want your life to look like and the action steps it will take to get there.

The power of mental imagery is undeniable. We get back what we put out into the world. If you imagine, speak about, and deeply visualize positive things happening in your life, along with challenges that you can overcome, these things will manifest.

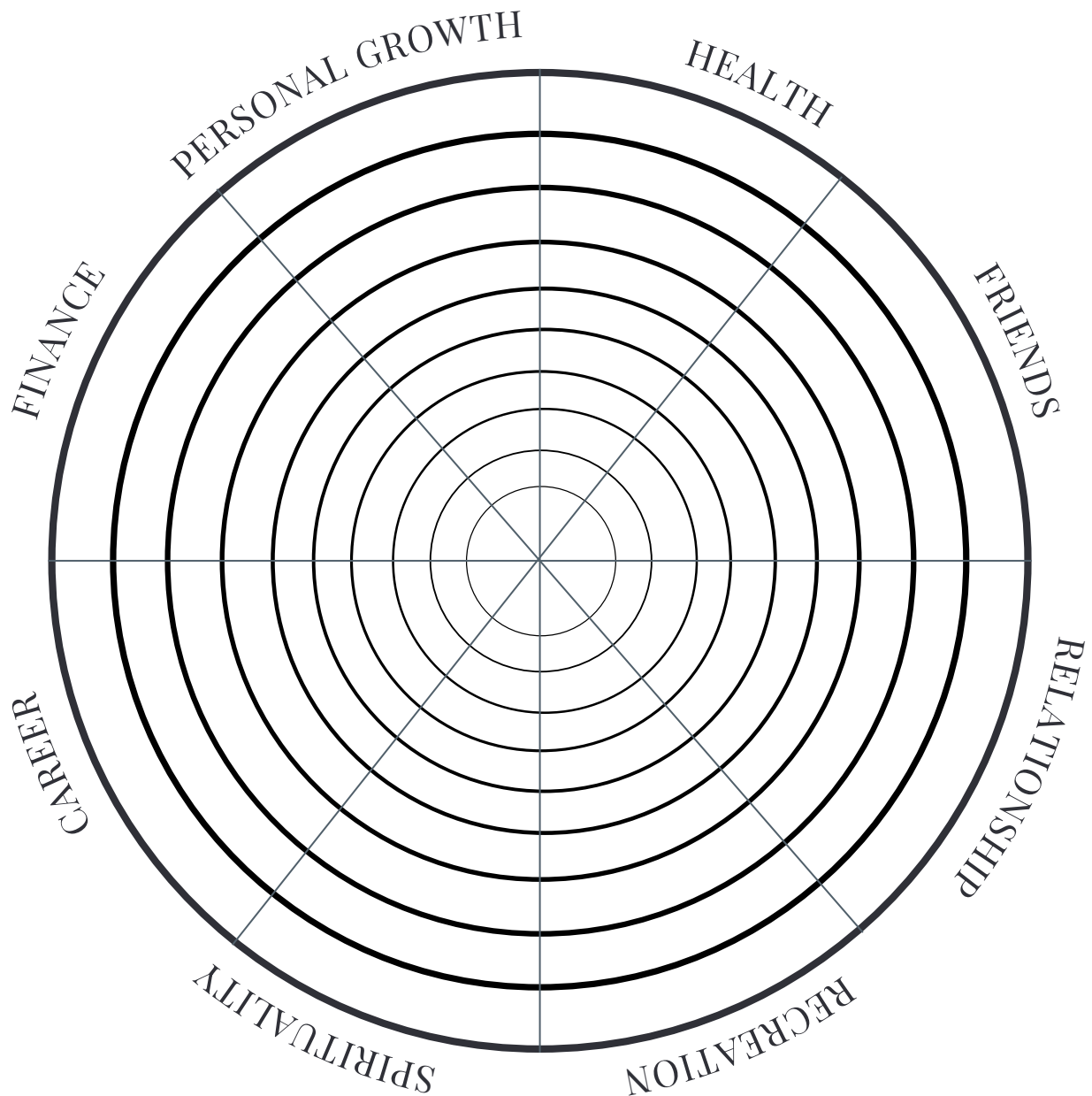
It is imperative that you intentionally take time every day to think about your goals, talk about your goals, and visualize your life having met these goals along with the steps it will take to get there.

5 In what areas could your relationships improve?

6 What do you expect out of your career and what would that look like if you achieved ultimate success in your business?

Discover Your Purpose: Step 2

Using the diagram below place a dot within each section signifying how much of your time and focus this category is consuming in your life. Repeat this step using a different color for how satisfied you are in this category. Closer to the outside of the circle shows more time/focus/satisfaction, whereas closer to the inside signifies less time/focus/satisfaction. This is simply to give you a visual of how you are spending your energy, and in which areas of life you are most and least satisfied.



Discover Your Purpose: Step 3

You may have done some self-discovery activities as a child in school, but my bet is that it has been a long time. This activity will help you recognize who you are, who you want to be, and what you are truly grateful for. We can get stuck identifying ourselves as our circumstances. For example, you might say “I am a marketing specialist with two kids who lives in Maryland.” Is this really who you are? I bet you are much more than this. We need to shift away from this mindset to better understand ourselves, our values, and our mission in life.

This activity is designed to help you take a deeper look within yourself and broaden your horizons.

Directions:

Start by listing three things that you love to do. Do not focus on the things that you are expected to do, but the things that you truly enjoy doing.

I love (action).... Example: I love swimming in the river.

1)

2)

3)

Next list three things that you enjoy discussing or learning about. These do not need to be things that you are doing at work, although it can be.

I love to talk and learn about... Example: I love learning about how to remodel homes.

1)

2)

3)

Discover Your Purpose: Step 3 Continued

Now it's time to think of something you desire to be. Try to think outside of the box and not so much about tangible things. What is it that you truly want out of life?

I want to... Example: I want to be approachable to my kids and friends, I want to be trustworthy.

1)

2)

3)

Finally, here is your opportunity to express gratitude. **What are 3-5 things that you are TRULY gratefully for.** Not things that you think you should be grateful for. Gratitude is an emotion and it can't be forced. If you really think hard, I assure you there are things in your life that you feel gratitude for. After you make your list, sit with your eyes closed and really feel the emotion of gratitude for these things. Thank the universe and thank yourself for bringing these emotions to the forefront.

Everyday from here on, take a few minutes to feel grateful for whatever it is in your life at that moment, you can feel real gratitude for. Write this down in your journal each day. Gratitude is accessible to everyone, whether you are rich or poor, in good health or on your death bed. Gratitude is always available at any given moment. **Thoughts of gratitude help to push away emotions of shame, envy, or anger. Gratitude is the secret to unlocking your true happiness.**

I am truly grateful for...Example: I am truly grateful for the close access I have to outdoor activity such as hiking and biking.

1)

2)

3)

4)

5)

Discover Your Purpose: Step 4

Your Action Plan: Quarter One



Write down the action steps it would take to manifest the life you visualized for yourself. What do you need to do today, in the next few weeks, and in the three months? What will it take create your dream life. Be specific. If wish to have a better relationship with your spouse, what do you need to do today to get started on this? Some ideas might be: schedule a babysitter once a week for a date night, book a consult with a couples therapist, or suggest reading the same book about relationships and discuss this twice a week. BE SPECIFIC. If for example you write down that you need to start going to a gym, write down the gym you will be signing up for, and the classes you plan to take at the gym. Even schedule these classes into your calendar. Brainstorm your thoughts below and repeat this step each new quarter. Look back at your action plan once a week to be sure you are committing to the plan.

1.

2.

3.

4.

5.