



DISCOVERING YOUR PURPOSE

Questions	My Answers
My name is	
What I would choose to do if I had no financial obligations	
Who I do this for	
What they need or want	
How will they change or transform	

Instructions:

1. Know that we are all individuals and that we are unique, in the sense that there are no one exactly like us. You can have an identical twin, but by no means will he be truly identical. With this in mind, take a deep breath and state your name, then write it down.
2. Close your eyes and reflect on the present moment and think about what you would choose to do if you had no financial obligations. Take a few deep breaths, then say it out loud, and write it down.
3. Knowing who you do it for is a little bit trickier. It is sometimes hidden under a layer of subconscious matter that has not yet been uncovered. During this exercise you will continue taking deep breaths in a slow and relaxed matter. For no more than 2 minutes, close your eyes and picture yourself doing what you love most doing. As you are visualizing yourself, observe who you are with, or who you are thinking about. Try to retain this information without breaking concentration. Once you open your eyes, write it down.
4. Knowing what they need or want is also a tricky exercise and requires a bit of reflection. Most people show up in our lives because they have something to give or take; it's all about looking beneath the surface and highlighting the things you truly have in common. Again, take a minute to reflect and write it down.
5. Understanding how they will change or transform as a result is usually easier, but still requires introspection. The result of your interaction with anyone will inevitably result in a change, no matter how small. As the level of implication grows, the greater the impact will be on the individual or group. If you have found your purpose, it will be of greater significance. Once you have it, write it down.