

# Finding your Purpose



Purpose is linked to what is important to you. When you think of what is important to you, what are a few things that quickly come to mind?

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Who is someone who inspires you or who you look up to?

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What is it about them that you admire?

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Consider your inner dialogue. What is something you tend to say to yourself that you know isn't true?

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What is true that you could replace that with?

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Are there any expectations that you feel has been put on you by others that feels unauthentic to who you are as a person? If yes, what are they?

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Are you currently working towards goals that are actually other people's goals for you instead of your own? If yes, what are they?

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What drains you?

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What energizes you?

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Describe the perfect life.

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What parts of the perfect life you described seem obtainable and realistic?

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What do you need to do to obtain those realistic parts?

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Everything you say yes to means saying no to a thousand other things. What would you be willing to sacrifice to get it?

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Imagine your own funeral. What would you want your eulogy to say?

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