

Discover Your Life's Purpose

Hello Friend,

I'm so happy to guide you on this self-discovery journaling exercise. The questions on the next few pages are designed to help you get in touch with your true purpose. Take your time and work through each question with mindfulness and patience. Allow yourself some time to think and reflect on each question. Writing your answers is very important as it allows you to connect more deeply with your thoughts and goals. In answering each question, be as honest with yourself as possible. No one is judging your answers and you don't even have to share them. But true honesty is the only way to experience the breakthrough you're searching for.

Return to this journaling exercise any time you need to and print out a new journal each time. These questions may impact you in different ways at different times in your life and in addressing different dilemmas.

If you feel that you need additional support on living your purpose, please don't hesitate to contact me. It is truly my honor to work with you on your journey.

Andrea

What did you love doing when you were 8 years old? What did
you want to be when you grew up?
What do you enjoy doing so much it makes you forget to eat?

How do you want to change the world?						
	w you wer would you				today, wha	it would you

How is someone's life better for knowing you?					
What posit	tive outcome has resulted from a painful time in your				

What are your strengths? What are you good at?					
	en you look back on your life 20 years from now, what do want your memories & highlights to be?				

What meaningful change could you make to start living your life with more intention and purpose today?					
What would you do if you knew you could not fail?					