



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

