

04



WEEK 4 - DEEP WORK JOURNALING



02



JOURNALING YOUR PURPOSE



PREVIEW



IN THIS LESSON, YOU'LL DISCOVER:

- ▷ What your purpose really means.
- ▷ How journaling helps you explore and clarify your purpose.
- ▷ How journaling helps you live your purpose.
- ▷ How to journal your purpose.





Purpose is the reason for which something is done or created or for which something exists, a person's sense of resolve or determination.



WHAT IS JOURNALING YOUR PURPOSE

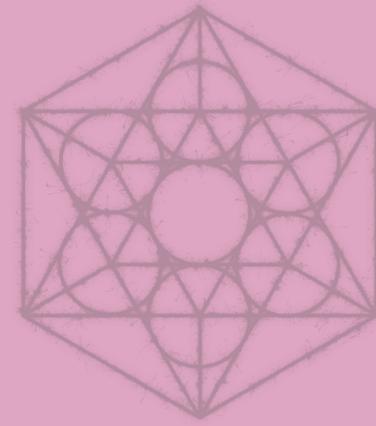
- ▷ Many of us are seeking the answer to "what is my purpose?".
- ▷ Purpose does not = our profession, although it can be part of it.
- ▷ It is our Being not our Doing in the world that fulfills our purpose.
- ▷ Purpose is fulfilled by realizing our full potential as our authentic self.





*Our purpose is a quality about us
that is meant to be expressed and
shared with the world. It's who we
are, not what we do.*





“The meaning of life is to find your gift. The purpose of life is to give it away.”

PABLO PICASSO



- ▷ Allows you to get clarity on what matters to you.
- ▷ Uncovers how you can weave that into your life and live in alignment.
- ▷ You don't need to have full clarity on your purpose to live with purpose. It evolves over time with action and growth.



Following your purpose
CAN LOOK A LOT OF WAYS

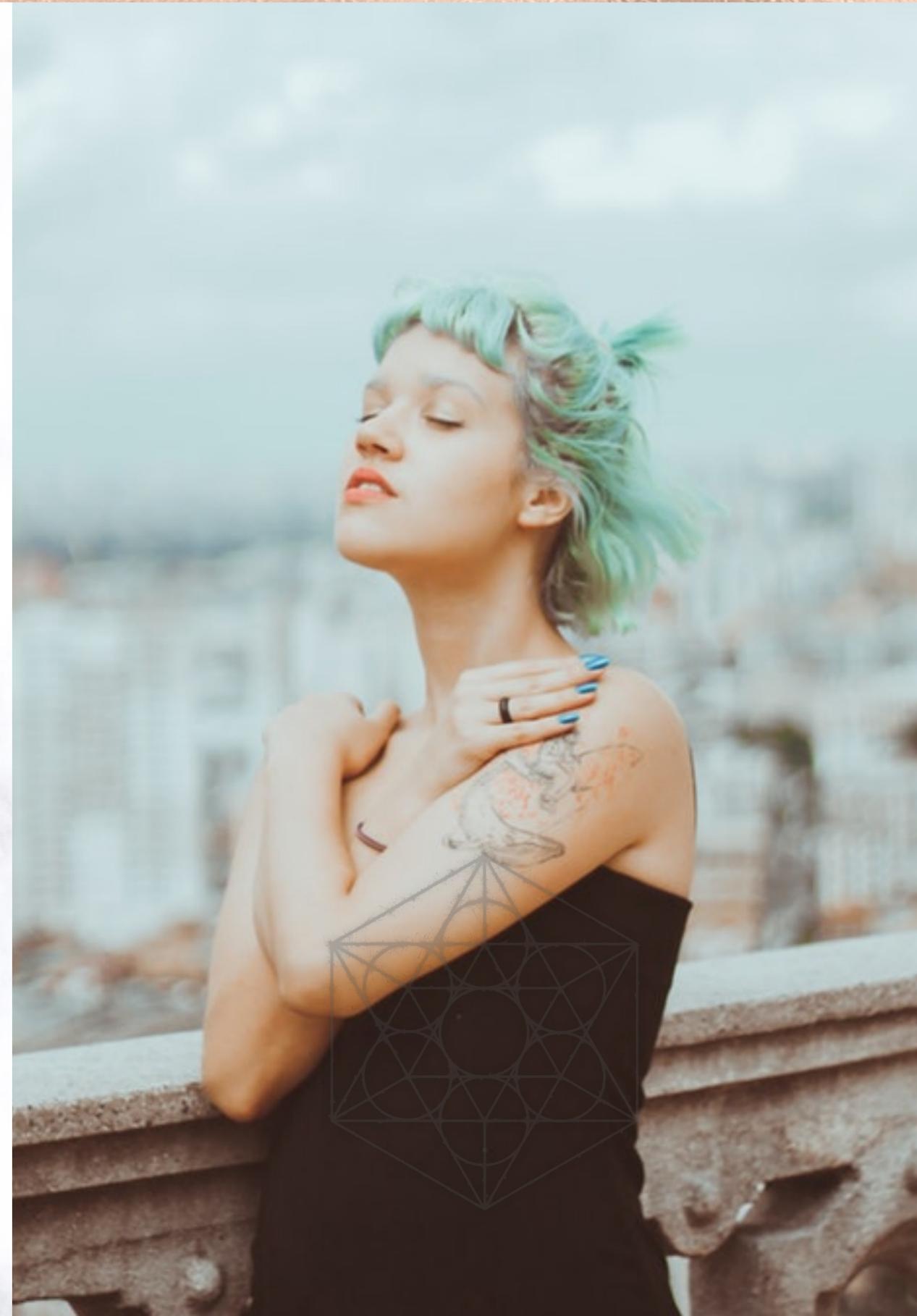




live and create your life
Consciously



- ▷ What brings you joy?
- ▷ What are your talents and strengths?
- ▷ Look only inside yourself.
- ▷ Are you living in alignment? Are you living to honour what's truly important to you?



JOURNAL!



JOURNAL PROMPTS

- ▲ Do you think having a sense of purpose is important?
- ▲ Why or why not?



JOURNAL!



JOURNAL PROMPTS

- ▲ What is something you would love to do but you're not sure you can?
- ▲ What is holding you back from trying? What would happen if you decided, "screw it! I'm doing it!"?



JOURNAL!



JOURNAL PROMPTS

- ▲ What are you passionate about learning? What do you get excited about learning? Why?



JOURNAL!



JOURNAL PROMPTS

- ▲ If I were the best version of myself, what three philosophies would I live by?



JOURNAL!



JOURNAL PROMPTS

- ▲ What recent event in your life felt meaningful to you and sparked thoughts of your life's meaning and your purpose?
- ▲ What about this event felt unique or special?



JOURNAL!



JOURNAL PROMPTS

- ▲ Who are your role models and what qualities do you (already) share with them?



JOURNAL!



JOURNAL PROMPTS

- ▲ What would your perfect day be like? Close your eyes and imagine the kind of world you would like to see. What is it like?





YOU DID IT!

What is your biggest takeaway from this lesson?



PREVIEW



IN THE NEXT MODULE, YOU'LL LEARN:

- ▷ Shadow Work Journaling
- ▷ Self-Love Journaling

