



JOURNALING FOR PURPOSE TRANSCRIPT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



JOURNALING FOR PURPOSE

▷ What You Will 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.

▷ The Definition of Purpose

The definition of 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 to know our purpose. What are we here to do? Who are we here to be? I've come to realize that our purpose really does have more to do with who we are here to BE rather than what we are here to DO. Our purpose is not necessarily related to our profession. Our purpose is not our job or our business. While our purpose can certainly be expressed through our vocation, it's not what's at its core. Our doing is a by-product of our being.



Our purpose is a quality about us that is meant to be expressed and shared with the world. It's about being the best version of our authentic self that we can be. Your deepest purpose is to BE. To allow what's uniquely you to radiate out into the world. To share yourself, the real you, with the world. Our highest purpose is to live at the highest expression of ourselves that we can. When we are doing that we can't help but do good in the world. It's not the doing that fulfills our purpose.

You might be thinking that what you love doing and how you love to express yourself doesn't translate into a career path. That's fine! It doesn't have to. Like I said. Your purpose doesn't have to be expressed through your job. It certainly can if that is something you desire. But you don't have to think of it in terms of it being a requirement. Your purpose can be fulfilled through your relationships, your art, your music, your sport, your friendships, your presence, your philanthropy. You name it!

Journaling on your purpose helps you get clear on what matters to you. What you value. What brings you joy. What fulfills you. Who you are. The more you integrate all that into your life and choose to focus on what helps you grow, and what lights you up, the more you step into your purpose.

You don't need to set out on the journey with the clarity on what that purpose is. That purpose unfolds. That purpose evolves. And it does so through action, through change, through exploration, and through growth. The only way you can follow the breadcrumbs to fulfilling your purpose is by taking the steps and start following the path as it unfolds. Stop being stuck trying to figure out your why and start living it!

Following your purpose may begin through how you engage in your relationships. It may begin by how you express yourself in your hobbies. It may evolve through your own transformation of self-awareness and personal development. Any of these can evolve into your purpose becoming your career if that is something you feel is important to you. Or perhaps your purpose will be the affect you have on your family or community simply by being who you are. The important thing is to do the exploring. Do the digging. Get to know yourself. Start to BE yourself. Love yourself.

Stop just going through the motions of your life and start consciously living and creating your life.

You can start by taking a look at what makes you happy. What brings you joy? You can look at your talents and your strengths. How do all of these overlap? How can you nurture and



express your talents and strengths through something you enjoy that makes you happy?

Journaling is an absolutely fantastic, and let me dare say even required, way to do this.

Ignore how practical it may seem. Ignore what you think you should do. Ignore what everyone around you is doing. Look only inside yourself.

Figure out your why. Your reason for getting up in the morning. What is truly important to you? What do you value? Are you living in a way that honors that?

I plan to create a more in depth course on this subject. Give me a shout out if that's something you would be interested in. In the meantime, let's dive into some journal prompts. I also want to point out that journaling of any kind is beneficial in this regard.

▶ Journal Prompts

- Do you think having a sense of purpose is important? Why or why not?
- Something I would love to do but I'm not sure I can is...
- What is holding you back from trying? What would happen if you decided, "screw it! I'm doing it!"?
- What are you passionate about learning? What do you get excited about learning? Why?
- If I were the best version of myself, what three philosophies would I live by?
- 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?
- Who are your role models and what qualities do you (already) share with them?
- 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?



Notes

A series of horizontal dotted lines for writing notes.

