

# Purposeful You!

## First ... More About You!

In the discovery exercises in module one, you were asked to look at what you are proudest of and circle it. That gives you clues into what you value, and hold in high-esteem. *Do you remember what that was? Why were you proud of that?* Write it down below. Then take that even further here. Think about someone you admire, or something that you witnessed/read/heard about that moves or inspires you. *Why did that have so much meaning for you?* What did that event or person stand for? What quality, contribution or attribute moved you? Write down those attributes. What ways of being do you hold in high regard? Write those down too. Then circle two to four characteristics, attributes or ways-of-being that feel most powerful or meaningful to you.

1

What are you most proud of and why?

Here are people or ways-of-being that I admire or events I've witnessed, read or heard about that really inspire me:

What did those people, characteristics or events stand for, or represent to you? Why did it have so much meaning for you? What quality or attribute moved you?

Now circle or highlight 2 to 4 characteristics or ways-of-being that feel the most powerful to you. Then write them down under “This is what Matters to me”

This is what matters to me:



**You** are already amazing! You are a one-of-a-kind powerful creator, a miracle, an explorer, and divine discoverer! So, *you are already whole and perfect!*

**You** [awesome yoo, yuh, pronoun]

amazing, awesome, beautiful, blissful, breathtaking, courageous, curious, creative, dandy, dazzling, divine, electric, enchanting, eternal, exquisite, extraordinary, fabulous, fantastic, fascinating, foxy, graceful, grand, great, gorgeous, groovy, harmonious, heavenly, honorable, incomparable, infinite, impressive, incredible, joyful, kind, lovely, magical, magnetic, marvelous, mighty, miraculous, omnipotent, outstanding, neat, noble, peaceful, phenomenal, playful, powerful, positively perfect, pure potential, radiant, sparkling, spectacular, spicy, spirited, super, transcendent, true-blue, trustworthy, unique, ultra-cool, virtuous, wise, wonderful, worthy, *you are ...*

2

How do you now see your Self? Who are You?

3

This is What Success is for Me Now ...

A large empty rectangular box with a thin blue border, intended for writing the answer to question 3.



4

What do you want to see, appreciate or acknowledge about yourself or your life right now?

Today I ...



## Soul Goals



5.1. Where do I really want to put my energy? (In others words what do I most want to experience or do?)

5.2. *Why* do I want this? What's driving the desire?

Your soul desire is that you grow as you play in the sandbox of time and space! As you evolve in consciousness, how you see yourself in relationship to your Creator, others, your work, money or time etc. will expand into higher planes of comprehension and expression.

What you want to experience in this lifetime *is entirely your choice*. You can never choose the wrong goal, desire or mission ... but *you can have an intention, the why behind the goal—that doesn't reflect who You really are*. So, it's important to see *why* you want what you want, before jumping in, or committing to a specific goal. What you truly want to experience are *Heartfelt* Dreams and Desires, rather than

something that feels like a “have to”, a “should” or a “need to”. If you see a desire as a way to fill a void (like to feel loved, prove oneself, feel worthy, better than etc.) that’s an indicator that you’re choosing the goal *for the wrong reasons*, the wrong purpose, which never works. Why? *Because you are already worthy, loved, supported and blessed more than words can say!* You’re already whole and perfect, as a creator! **Choose for the joy of the experience, for the joy of being or having it!**

5.3 Is this a Soul or Heartfelt desire? \_\_\_\_\_

If not, look into why you feel the need to fill that particular void. This will help you get to the root of what you’re truly looking for!

5.4 Am I willing to believe I can have this? If so, what does having it *feel/like*?  
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What feeling(s) do I want to expand in my experience? What does that look like? \*\*\*

5.5. Do I have any concerns about this goal/dream/desire? If so, what are they?

5.6. How can I transform these concerns so I can feel the fun and fabulousness of what I am creating next!

5.7 As a Powerful Creator I am always expanding my concept of what's possible! This is what I am Now Willing to Believe/Create:

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

Your heartfelt dreams and desires are the language of your soul, calling you forth to Who You Truly Are!

Shine!