

BUILDING YOUR PURPOSE

Workbook



**So you want to build your purpose?
This is amazing!**

First off, congratulations for taking a leap of faith toward making such a powerful new chapter in your life. Nothing is more rewarding than creating something others can share and grow with you. Regardless of your idea, concept, or vision, remember that you are born to be great, and I'm honored to help you along this process.

Over the following few pages, you will be introduced to developing your why, your purpose's inner workings, and your ideal audience. This workbook was designed to help you start working towards that dream and making it a reality.

Keep in mind:

**Your dreams take
time**

**Success doesn't
happen over night**

**Teamwork makes the
dream work**



“Your purpose in life is to find your purpose and give your whole heart and soul to it”
— Buddha

Leave a Legacy



WHAT IS YOUR WHY?

If you are new to building your purpose, the first step is finding your why. This consists of going within and thinking of all the life experiences you have been through. What have you been able to triumph through, and what did you learn from that experience?

HOW WILL YOUR PURPOSE IMPACT OTHERS?

It is important to keep in mind our message and purpose will not be for everyone is essential. This is important to keep in mind as you build your purpose. A key to your ideal audience is yourself. Ask yourself what kind of mentor you needed when you were going through your painful experiences.

"The quality of your life is the quality of your relationships."

–Tony Robbins

Finding the balance within the mind

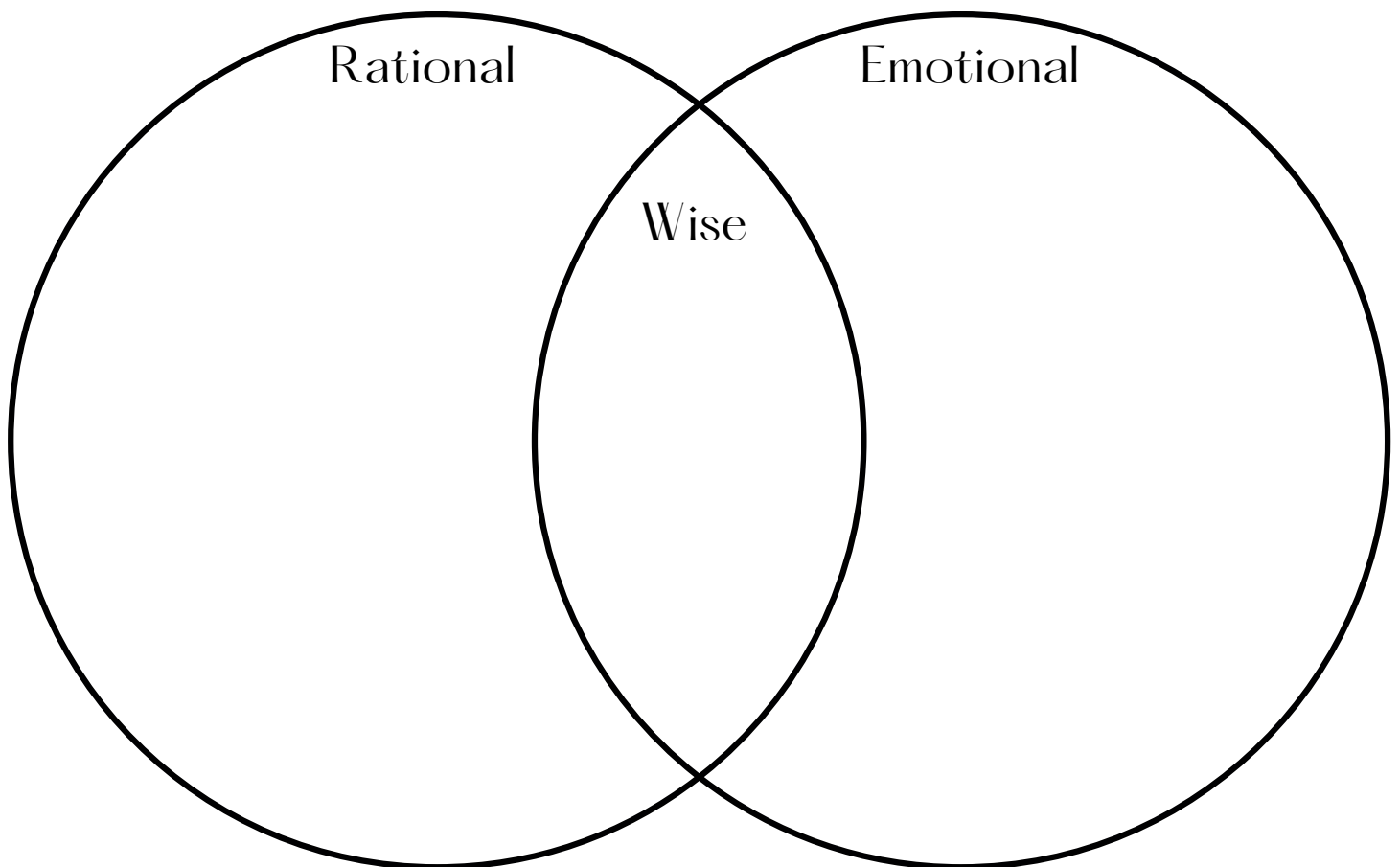
As we build our purpose, we must be transparent with our emotional and mental needs. The wise mind model helps us look at our rational and emotional needs. The middle part of this model is for you to find the balance between analytical and passionate minds. More often than not, we allow one aspect of our mind to overrule the other aspect of our mind. Think about your emotional and rational needs, list them below in each area and create a more balanced answer within the middle space of this model. Do not be afraid to cross things out and fill outside the spheres.

Rational mind: decisions based on makes intellectual sense

Wise mind: living mindfully and honoring both aspects

Emotional mind: Decisions based on what feels good

Wise Mind Model



“Man is here for the sake of other men - above all for those upon whose smiles and well-being our own happiness depends.”

— Albert Einstein

VISION AND MISSION

Statement



Now it's time to create your vision statements. It is essential to have a personal statement and a professional statement. Your personal statement is generally for you and helps keep you in alignment with why you started your purpose, and it is a statement that supports both your short-term, mid-term, and long-term goals surrounding your purpose. Your professional statement will address your purpose, projected goals, and the desired outcomes for your purpose. Lastly, your mission statement is the formal summary of the aims and values your purpose will provide and is something that all who support your purpose can relate to.

PERSONAL VISION STATEMENT:

PROFESSIONAL VISION STATEMENT:

MISSION STATEMENT

"The only way to make sense out of change is to plunge into it, move with it, and join the dance."

— Alan W. Watts



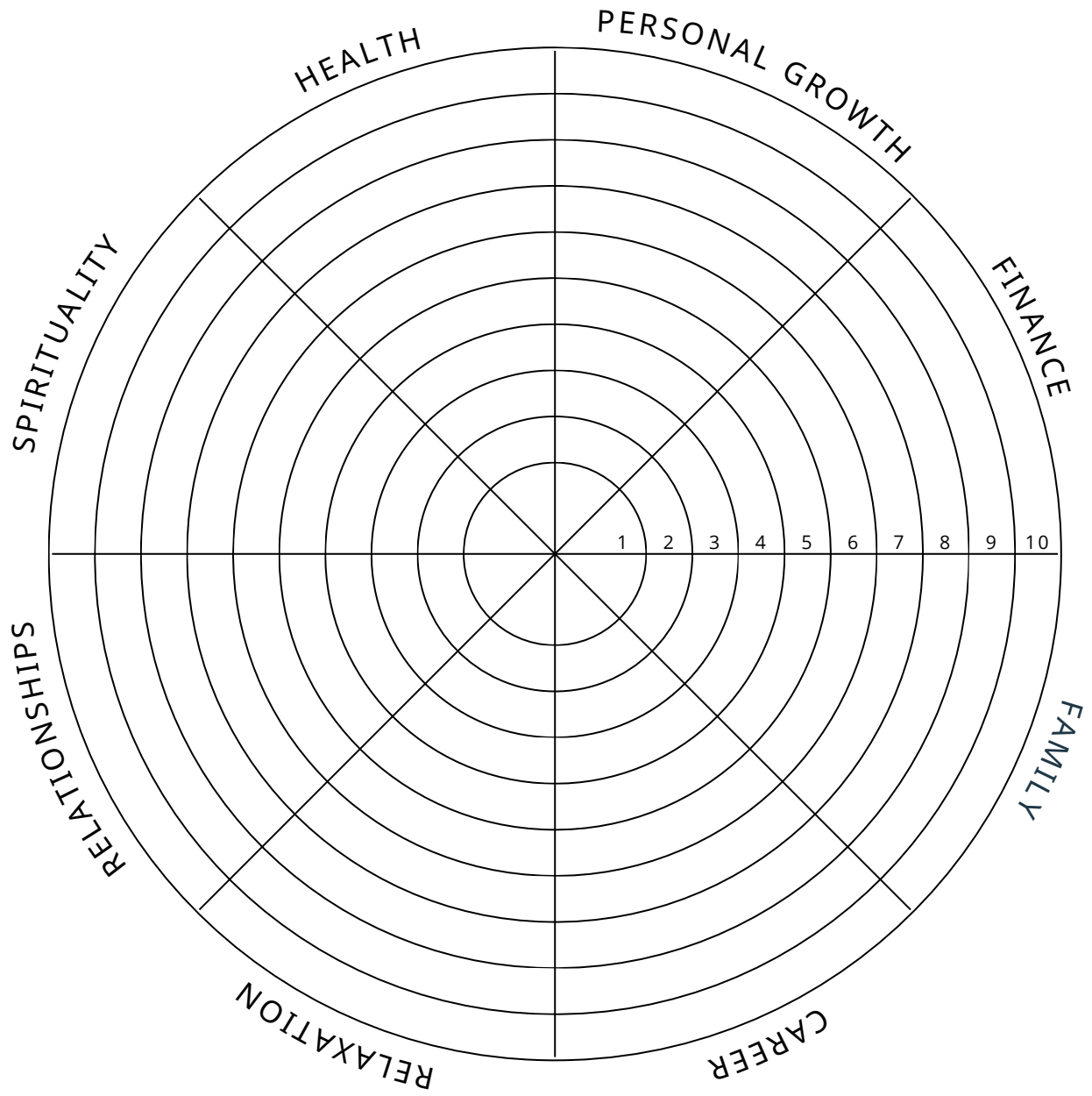
Brainstorming

Brainstorming is a creative problem-solving technique that involves generating a large number of ideas in a short amount of time. The key to successful brainstorming is to suspend judgment and criticism of ideas during the initial idea-generation phase.

This allows for a free flow of ideas and avoids limiting creativity. Brainstorming can be a powerful tool for generating innovative solutions and fostering collaboration.

My Goal:
Stop Doing:
Do less of:
Keep doing:
Do more of:
Start doing:
Notes:

WHEEL OF LIFE



Priority categories

Notes

My Purpose Vision Board

Take time to organize your purpose below

SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

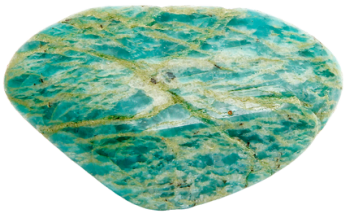
S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	



BONUS *Tools*

Metaphysical tools can be so supportive along the journey of cultivating your purpose. Below are some of my go-to must-have crystals for manifesting and healing.

Crystals to help your purpose



Amazonite is an excellent stone to help you uncover and support your purpose. Amazonite is also the "hope" stone and is perfect for helping you align to your divine purpose and truth.

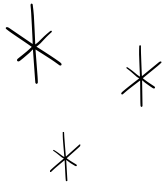
Amethyst is a wonderful stone to work with when working towards your purpose and healing.

This stone is known as the stone of "transformation" and has helped many people find peace and calm.



Jade is an amazing stone and is known to bring luck and prosperity. Jade can also increase love and tranquility within your purpose.

"I dream of painting and then I paint my dream."
-Vincent Van Gogh



NOTES

A series of horizontal dotted lines spanning the width of the page, providing a template for writing notes.

