

A woman with long, dark hair is blowing a stream of colorful confetti into the air. She is wearing a white t-shirt and a dark vest. The background is a lush green park with trees and a path. The confetti is in sharp focus in the foreground, creating a festive and joyful atmosphere.

LIVING ON
PURPOSE

GUIDE

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CONGRATS

YOU'RE ON YOUR WAY TO LIVING ON PURPOSE

Congratulations on saying “Yes!” to your life, to your purpose, to yourself. You are the only You this world will ever see, so it’s absolutely critical that you begin living the full expression of yourself now. Playing small, living for others, and hiding from your deeper desires leaves you unhappy, stuck and lost.

You deserve more. No more playing small. No more hiding your dreams. No more wasting time pleasing everyone else. No more letting others control your life. You're shifting that now by doing this guide.

So let’s talk purpose. Purpose is not a job title like “accountant.” Or a role like “mother.” Rather, purpose is deeper. It is living authentically and fully. It is contributing your gifts in all aspects of your life. It is SHINING so brightly that you light up the world. That is your one and only purpose on this earth.

Sounds simple, right? I wish. Had we been encouraged to be ourselves and follow our desires throughout our lives, being our true selves might be easy. But for most of us, this wasn’t the case. Most of us were told that our dreams were unrealistic, or that some aspect of ourselves was too silly or too sensitive or too serious. So we covered up parts of ourselves and became who we needed to be to fit in at school, belong in our community, and to be loved at home. It’s no wonder that we end up adults who feel lost, stuck, and like something’s missing.

Something is missing: You.

We try to “find” ourselves and “be better.” We think if only we were skinnier, married, or wealthier we’d be happy. Or you numb yourself with wine, food, or shopping. These are just temporary solutions.

The answer to long-term happiness, purpose, and freedom, is to go beneath others’ expectations and society’s rules, and explore what you authentically want for your own life. This Living on Purpose Guide will help you clarify your deeper desires, discover what’s holding you back, and identify action steps you can take immediately to get on your path forward.

Also, remember that this is the first step. This worksheet is to be a guide to get you started. Uncovering your purpose may take more time than one worksheet can provide. It may require support from an expert who can give you guidance, feedback, and accountability in moving forward. That's normal. Be loving with yourself as you go through this and give yourself what you need to finally live on purpose. You deserve it!

So, are you ready to begin? GREAT!

LET'S DO
THIS

HOPE

I LOVE HOPE. IT IS THE SPARK THAT IGNITES JOY IN LIFE. RESEARCH SHOWS THAT HOPE INCREASES MOTIVATION AND GETS OUR BRAINS THINKING OF STRATEGY TOWARD GOALS. IT IS THE SUN THAT KEEPS US GOING ON THE CHALLENGING DAYS. SO LET'S BEGIN WITH HOPE.

In general, what are you hoping for in life?

How are you hoping to feel about life one year from today?

Why is this important to you?

What will happen to you and to your life if you don't make changes to realize these hopes?

So commit now - which hopes will you actively work to realize?

AND SO IT IS

JOY

WHEN YOU LIVE IN ALIGNMENT WITH YOUR HEART AND SOUL, YOU FEEL PURE JOY. THAT IS PURPOSE.

Joy is a great indicator of purpose. When you are living fully, your heart expands, your skin tingles, your blood becomes juicy with excitement. And perhaps nerves. The challenge is that many people forget or don't know what brings them joy. So you must approach this with childlike curiosity and wonder. Before answering these questions, take a deep breath and drop below your mind into your heart and belly. Then sit with each question in your heart. This may take time. That's ok. It's normal.

I am grateful for _____

I am inspired by _____

I am proud of _____

I get excited when _____

What are the biggest accomplishments of your life?

When have you felt most proud to be you?

When have you felt FREE, ALIVE, and JOYFUL in life?
(Go back to elementary school if you need to!)

When do you most like being yourself? (For instance, at the bookstore reading, giving advice, entertaining, with little kids?) Write, "I love me when..."

What issue or world problem tugs at your heart deeply and you wish you could solve?

What are the secret desires of your heart? The ones you're afraid to tell others, but if you could have would make you so happy? Like traveling to Asia or going back to school or being your own boss. (Don't say you don't know - we all have dreams we won't share because we think they're silly or unrealistic.)

1.

2.

3.

DESIRES ARE TRUTHS OF THE HEART.
DREAMS ARE MEANT TO BE REALIZED.

YOU

YOU IN A NUTSHELL...

What is your favorite thing about yourself?

Name your 3 top strengths (like "kindness" or "creativity"). If you don't know - ask your best friend!

- 1.
- 2.
- 3.

And what are you best at (like writing or managing people or drawing)? If you don't know, ask others.

What have your life challenges taught you? What wisdom have you gained?

What do you wish you had more of in life?

BE YOU! YOUR WHOLE YOU!

THE TRUTH

SO WHAT'S HOLDING YOU BACK FROM
YOUR DESIRES AND DREAMS?
CHANCES ARE THAT WHATEVER YOU
ANSWER IS FALSE.

What is holding you back from your dreams, desires and hopes? Or from doing the things you love? Time? Money? Fear? Your partner?

Is that true? How are you holding yourself back? (In other words, are you allowing money to hold you back rather than finding new streams of income?)

How could you allow yourself to move forward? (Hint: Instead of "I can't," ask "How can I?" Or instead of "I don't know," ask "Who can help me?")

THE TRUTH IS THAT YOU ARE THE ONLY ONE IN YOUR OWN WAY, MY LOVE. GET PAST FEAR OR APATHY OR NOT ALLOWING YOURSELF TO GET SUPPORT, AND YOU HAVE A PATH FORWARD.

ACTION

AND THE TIME CAME WHEN THE RISK
TO REMAIN TIGHT IN A BUD WAS MORE
PAINFUL THAN THE RISK IT TOOK TO
BLOSSOM. - ANAIS NIN

Rome wasn't built in a day. It was built one brick at a time, one building at a time, and one section at a time. And no one built it alone. You must approach this step by step and have support to live on purpose.

Name 1 action step you will take today:

One action step you will take this month:

What help do you need to live on purpose?

Who can help you? When will you contact them?

How will you hold yourself accountable?

LET YOURSELF LIVE ON PURPOSE . YOU MUST.
THE WORLD NEEDS YOU. AND YOU DESERVE IT.

LIVING ON PURPOSE

Living on Purpose is a fulfilling, worthwhile quest. And one that often takes time, guidance, and support to do. If you need additional support in following your purpose and loving yourself, I'd be honored to support you.

With love, Carin



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