

THE WHAT'S YOUR WHY? WORKBOOK



LET'S TALK *PURPOSE*



"Purpose" - such a buzzword, and such a daunting topic for many of us who are ambitious and cannot imagine ourselves being married to one mission for the rest of our lives.

We are made to believe that our Purpose is a mission or a calling that we have to go and find out in the external world... but how many things that bring us true fulfillment do we really find outside of ourselves versus within?

The intention behind this workbook is to argue against this common narrative and help you to realize that Purpose is not one goal that you must strive towards for the rest of your life, but an intention that you get to create *every day that is in alignment with the person that you are striving to be.*

The exercises in this workbook will help you carve your life design from the places of your soul that hold your authentic aspirations. With enough practice and revision of these questions, the goal is to make every day feel Purposeful, because you will begin living in accordance with your true desires.

Let's do this.




LET'S BREAK IT DOWN FIRST.



Dictionary.com defines Purpose as
*"the reason for which something exists or is
done"*

What does "Purpose" mean to you? Define it in
1-3 sentences:



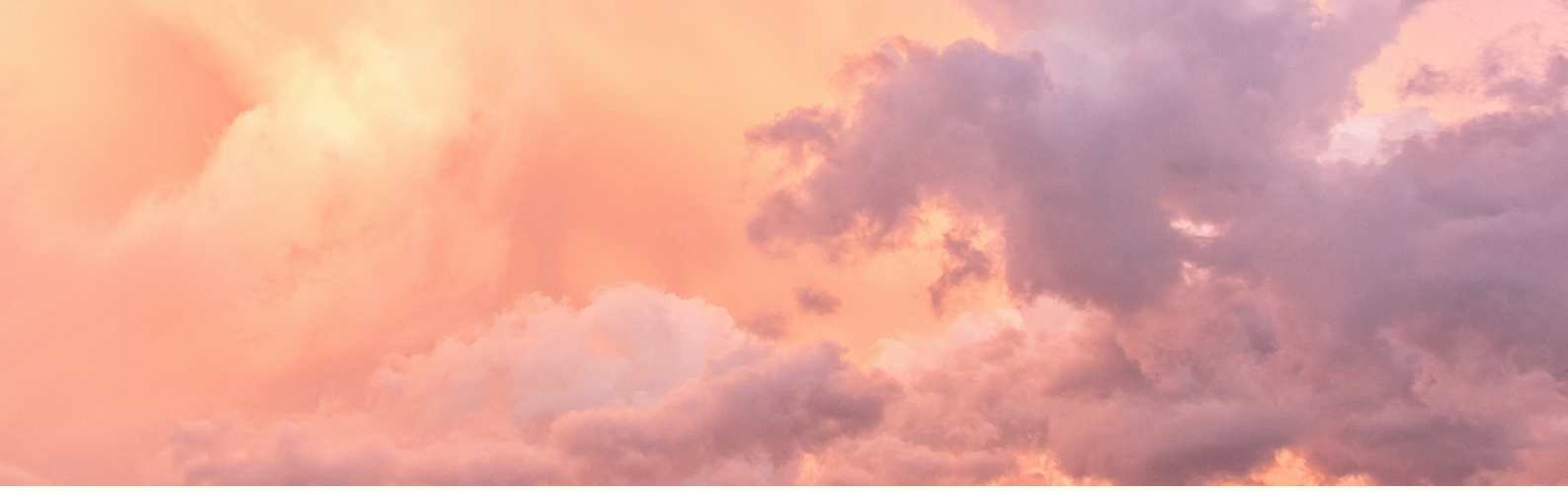
Purpose can be something that we define day to day, along with an overarching life philosophy or life mission that we are actively pursuing.

For example, if you just bought a guitar to learn how to play music, or if you just started running to train for a 5K race, these activities can form part of our current purpose, which may or may not be tied to a long-term life mission.

You don't have to start a regular yoga practice because you want to become a yoga teacher. You can do yoga because you want to learn to live with more presence and develop a more resilient body, and yoga is one way to do it.

Often, the hobbies and activities that we are drawn to during our quiet moments can reveal a lot about the things that give us meaning.

Let's explore our nuances and what they say about us...

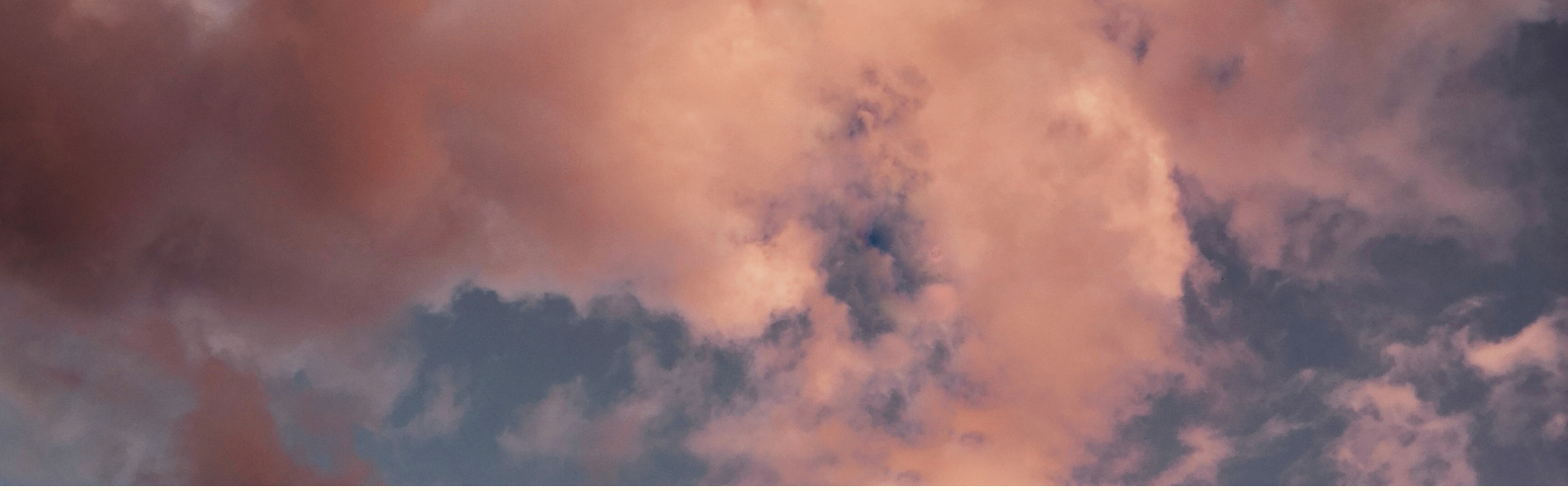


In the space below or in your own writing medium, answer
the questions on the following pages:

*What does my heart feel like doing in the quiet
moments of the day?*



*What is an activity that I can effortlessly get lost
in, and why?*



*What is something that I often see other people
doing that I want to try in my own life and why?*



Now, let's talk about day-to-day
life design,
and how we infuse it with purpose.

When we decide to live our lives based on how we want to *feel*, the things, people, and places we choose to engage in become naturally aligned with our true ambitions.

If you decide that you want to feel abundant with love each day, you will start growing closer with and attracting the people in your life who help you achieve that feeling.

If you decide that you want to feel prosperous about your business, it may relieve the pressure that you feel about your projected sales and instead help you devise more creative and authentic projects.

If you decide that you want to feel expansive in your relationships, this will help you begin to have the right conversations with your loved ones about how you are helping each other grow.

The following exercises are meant to serve as a template from which you can begin to live your daily life from an intention to fulfill your true desires—

Let's dive in.



Take a moment to picture what an ideal day looks like for you.

What activities are you filling your schedule with?

Who are you spending your time with?

How are your mind and body feeling as you go about your day?

List 3 feelings that you would like to feel throughout the course of your ideal day. These should be core states of being that should define how you live your weeks, months, and years (examples: joy, abundance, closeness, peace, creativity, etc):



Using one of the feelings that you described above, what are *three, small* things you can do each day to help you get closer to this feeling?

For example, if you want to live your day feeling *connected* to your loved ones, you could make the intention to have longer, distraction-free dinners with your partner, or send "good morning" text messages to your parents every day.



Using one of the feelings that you described above, what are *two, small* changes that you could make in your life to achieve this feeling more consistently? Why are these feelings important to you?

For example, if you want to live your day feeling *connected* to your loved ones, you could make the intention to have longer, distraction-free dinners with your partner, or send "good morning" text messages to your parents every day.



Using one of the feelings that you described above, what is *one, big* change that you could make in your life to achieve this feeling more consistently? How is this change in alignment with the life that you wish to live?

For example, if you want to live more of your time feeling *creative*, maybe it's time to join an art class or even move to a different city that provides more opportunities in your niche. If you want to feel more *vibrant* more often, maybe it's time that you revamp your whole wardrobe because you want to express yourself more through your clothing.
