



**HOW TO DISCOVER
YOUR DEEPEST
DESIRES AND
AUTHENTIC
PURPOSE**



Find some time where you can be alone and open your journal.
Sit in silence and turn your attention inward.

First, make a list of the top five things you wish to manifest in your life.

1. _____
2. _____
3. _____
4. _____
5. _____

After you are done, compare the items to one another, and pick the top two.

1. _____
2. _____

Finally, if you could only choose one of the top three, which would it be?

1. _____

Ask yourself why you want that. In silence, get below the surface to your deepest desire. For instance, if it's a great deal of money you desire, ask yourself why. Your answer may be that you can have more freedom. Then, ask yourself why you want more freedom – freedom to do what? Continue asking until you get to the seed of your desire.

This will be the value you wish to cultivate. Common values you may find are love, safety, acceptance, and growth.



List the value that you most deeply desire:

Make a list of your hobbies. What do you enjoy doing?

What activities give you the feeling of accomplishment?

What activities do you seem to accomplish with ease, and when you do them, come naturally to you?

What did you dream of doing with your life when you were a child?

Now, spend some time with your answers above. What commonalities do you see in your answers?

What values have you uncovered?

What can you manifest that will allow you to accomplish your heart's desires while moving you toward your life's purpose while helping those around you?

In silence, as you dream of moving toward your deepest desire, what does your inner critic say to you?

Look at the negative statement from your inner critic and ask yourself if it is truth or belief. Have others with the same problems accomplished? Is this something that could possibly be overcome? What is the root cause of this belief?



Throughout your day, as you catch yourself with this negative belief, what positive statements can you say to yourself to interrupt the negative?

What current gifts do you have that will help you achieve your top item. List anything you can think of. Include people you may know, classes you can take, talents you have.

What can you do today to move toward the desire?

Now, for the next five days, list what you will do each day to move toward your heart's desire.

Now, it's time to bring your heart's desire into the world. Hold it in your heart. And breathe into your heart and begin manifesting your heart's desire into the world.

