

Companion Journal for the Life Purpose Meditation



1. Initial Impressions

What did you feel or experience during the meditation?

Write freely—there are no wrong answers.

- Emotions that came up
- Physical sensations
- Symbols or images you saw

2. Messages or Guidance

Did you hear or sense any messages? Words, thoughts, or inner knowing that felt important?

Write down anything you remember hearing or feeling as a message.

3. Meeting the Complete You

What did they look like? How did they feel? What energy did they carry? What did they want you to remember?

Describe them as best as you can.

4. Symbols & Imagery

Describe any specific symbols, landscapes, or visions that stood out.

These might be metaphors for your purpose or next step.

5. Core Values or Themes That Emerged

List 3–5 key words, themes, or values that stood out during the meditation.

Examples: Healing, Truth, Connection, Creativity, Courage

1.

2.

3.

4.

5.

6. Your Life's Purpose Statement (draft)

Based on the insights above, try to write a rough draft of your life's purpose in one or two sentences.

Don't worry about making it perfect. Let it come from the heart.

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7. Inspired Action

What is one small thing you can do this week to honour your life's purpose?

Keep it simple and meaningful.

This week, I will:

8. Final Reflection

How do you feel now, having explored these insights?

Any shifts in your energy or understanding?

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Affirmation: *I am ready to step into my purpose, one aligned action at a time.*