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JOURNALING TO HELP FIND YOUR PURPOSE!

WHY JOURNAL?

Journaling can help you find clarity in your thoughts. Journaling can help you answer questions that connect you to your values, emotions and goals and help you understand who you are as a person. Journaling can help you to grow emotionally, spiritually, and intellectually. In addition, journaling can help with your mental health by managing anxiety and reducing stress.

Now Grab a notebook and pen and start answering one question a day.

HOW WOULD I WANT OTHERS TO DESCRIBE ME?

Be positive! An example: *People describe me as extremely helpful. They know that I am always eager to assist others, so they come to me anytime they need problem-solving. They would also say that I am a great communicator (perhaps a little too talkative sometimes) and kind towards others even when they are not kind back."*

WHAT DO I THINK OF SUCCESS?

Success could mean giving back to the world and making a difference. It could mean a sense of accomplishment and career progression. It could mean being able to do the things you love. It could mean being able to provide the best possible upbringing for your children.

WHAT WOULD I DO IF MONEY WAS NOT AN ISSUE?

Travel, write a book, learn new skills, volunteer more?

THE THINGS I AM MOST AFRAID OF?

Bugs (spiders, ants etc.), snakes, public speaking or being embarrassed in public.

WHAT DO I WISH FOR MY LOVED ONES TO GET OUT OF LIFE?

Examples: To be happy. Find someone to love and be loved in return.

WHAT CHARACTERISTICS DO I NEED TO IMPROVE?

Listening more. Planning, organising?

WHAT ARE MY GOOD QUALITIES AND STRENGTHS?

List all your good qualities and strengths from all parts of your life?

WHAT ARE MY VALUES?

List all your values. How do these align with what you do each day? Not sure what your values are? Try this link: www.valuescentre.com/tools-assessments/pva/

WHAT DO I THINK MY LIFE PURPOSE IS?

Purpose is where we find meaning—what we want to do and contribute. Purpose certainly can be linked to your job or career, but many people don't see their purpose in their work. And even if it is connected, your purpose is broader than just a job.

HOW DO OTHERS VIEW MY PURPOSE?

Ask a friend whose opinion you trust.

WHAT ACCOMPLISHMENT AM I MOST PROUD?

Finishing my degree. Being selected to play a representative sport.

WHAT DOES A GREAT DAY LOOK LIKE TO ME?

Describe your best day from when you wake up to when you finally go to bed. What do you do? Who do you spend time with?

WHAT GETS ME GENUINELY EXCITED?

An example: Going on an adventure?

WHAT ARE FIVE THINGS I WANT OUT OF LIFE?

Examples from the following areas Physical, emotional, material, social?

WHAT MAKES ME JEALOUS?

For example, your perception of another's accomplishments.

WHAT THINGS DO I WONDER ABOUT?

What do you daydream about?

NEXT STEPS?

1. Look back over your answers, underline, circle, or highlight the similarities in what you have written. Then, review your answers to see if any 'ah ha' moments arise from reading your journal.
2. Ask some clarity questions?
 - Who, What, When, Where, How or Why?
 - If not, why not? So what?
3. Other questions to help clarify your answers.
 - Have I been truthful and honest with my answers, or have my insecurities affected how I answer the questions?
 - What tricky conversations have I been avoiding with myself?
 - Is my ego getting in the way of my self-development?
4. After following Steps two and three, go back to Step one with a new perspective.