

# **Dharma: Uncover your purpose workbook**

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# Dharma

Dharma is mentioned in the Bhagavad Gita, an ancient Yogic text. In summary Dharma can mean following your heart, doing what you believe in, what feels right and responding to your heart's call rather than wondering what the world needs.

Use this workbook to begin to uncover what your personal dharma might be. You might choose to meditate on the questions or use the space in the workbook to solidify your ideas and thoughts in writing.

The questions are used to help identify your personal values and how you might live them. You may be able to notice patterns in yourself your behaviour and your life. Linking these together can lead to helping you unearth your Dharma

NOTE: The spaces in the workbook are just for guidance. You might need much more space for all you want to consider and analyse, In which case, you might use a notebook instead.

# Internal inquiry



*“Follow your heart” Brian Leaf*

*Looking inside yourself to see what makes your heart sing and your pulse quicken will help you to identify who you truly are and what your Dharma might be.*



What are your internal values? Things that really matter to you. Write at least 30 words below that speak to you about your values.

Narrow these words down into categories to see any patterns. *You might only need 3 boxes when you figure out the categories but I've added extras.*


Summarise the categories into a few key words - say around 3 words - to help you focus on your true values. *You might keep the above list handy to look at so you can chop and change your list over a week or so.*

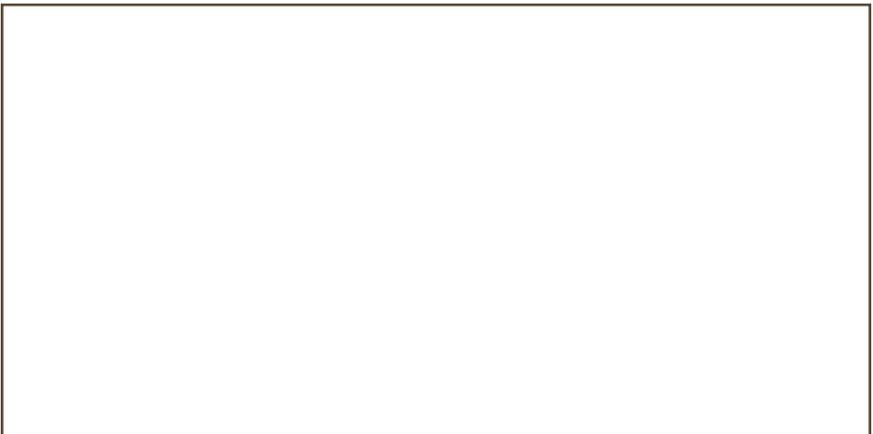
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**Questions to journal** - *do not feel constrained by the boxes. Feel free to fill a notebook with your thoughts!*

What do you enjoy doing? What brings you joy?

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What are you good at doing/find easy?

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What skills do you have? *This doesn't have to only be skills you'd put on job applications. Think broadly.*

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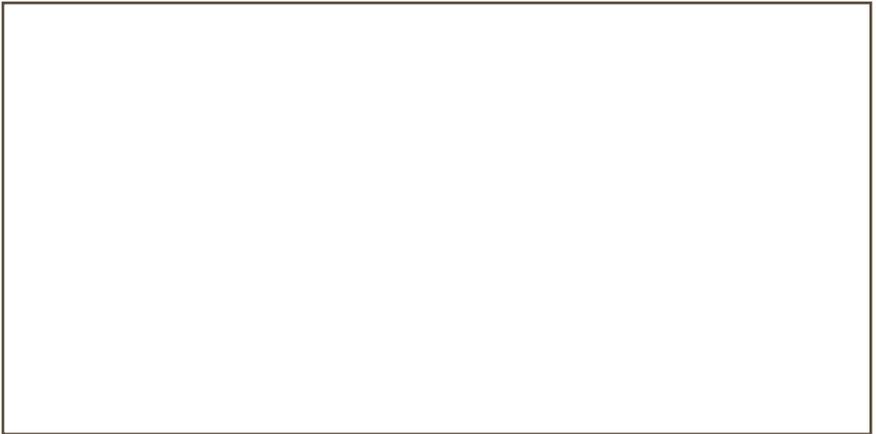
What is on your life's bucket list?

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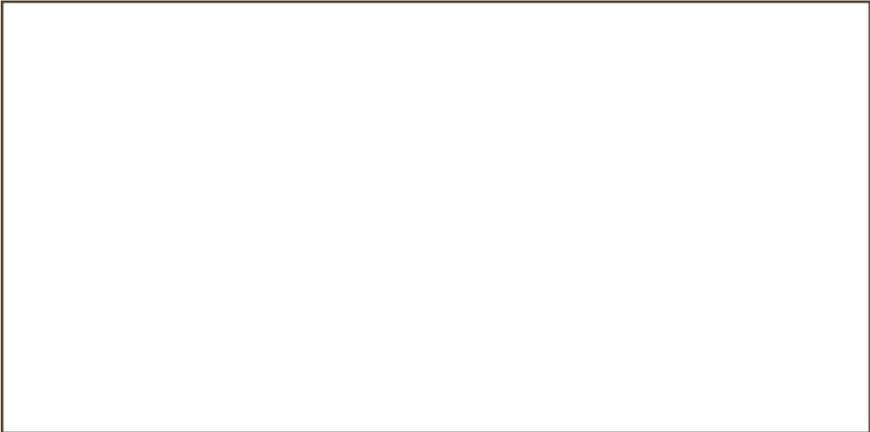
What motivates you to get up each morning?

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What do you daydream about when you drift into your mind?

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If money (and no other barriers) were not in your way what would you do?

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# In the past



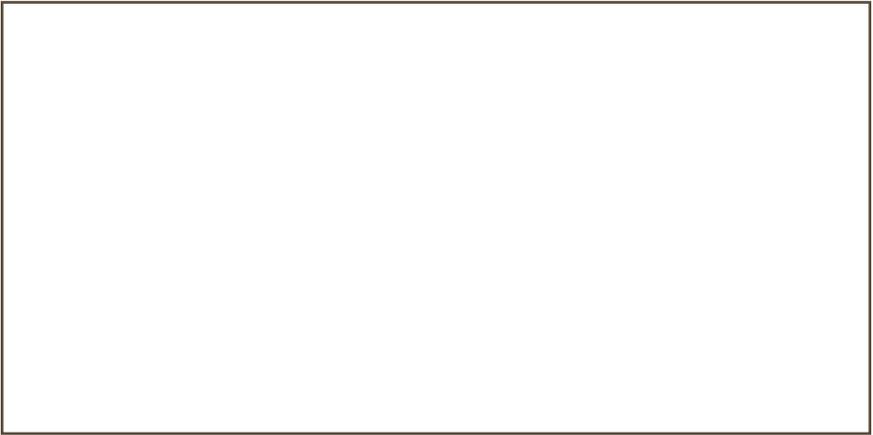
*“The highest achievement is seeing what is already there” Amrit Desai*

## The flow state

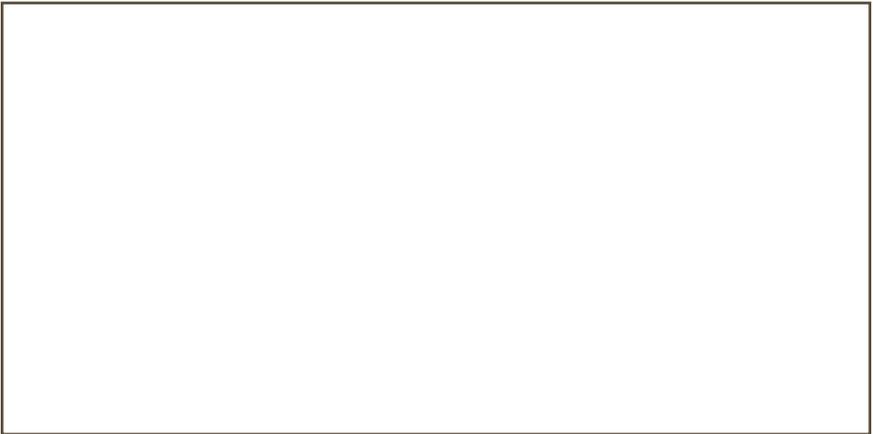
*Have you ever felt like you’ve driven or walked a journey and made it to your destination but cannot remember the specifics of the journey? That is getting into flow. Lots of people who make things/cook (even cleaning) can lead you into a flow state. Time disappears. When you are in a flow state, everything just slots into place.*

What have you done when you felt in the ‘flow’ state?

As a child, what did you enjoy doing?

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What is the most rewarding thing you've done in your life and why?

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# External Inquiry



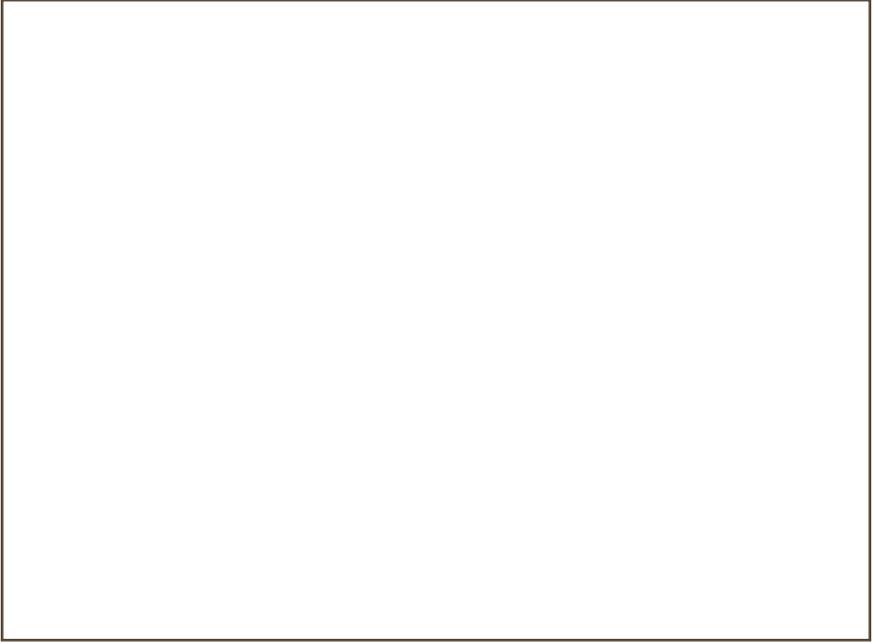
How do others see you? *Maybe ask family/friends for their opinions. They might surprise you with their answers.*

An **introvert** is a shy and reticent person who fills their cup with energy from having time alone, whereas an **extrovert** is an outgoing and overtly expressive person who needs social interaction with others to feel fulfilled.

Do you prefer to be with others or alone?

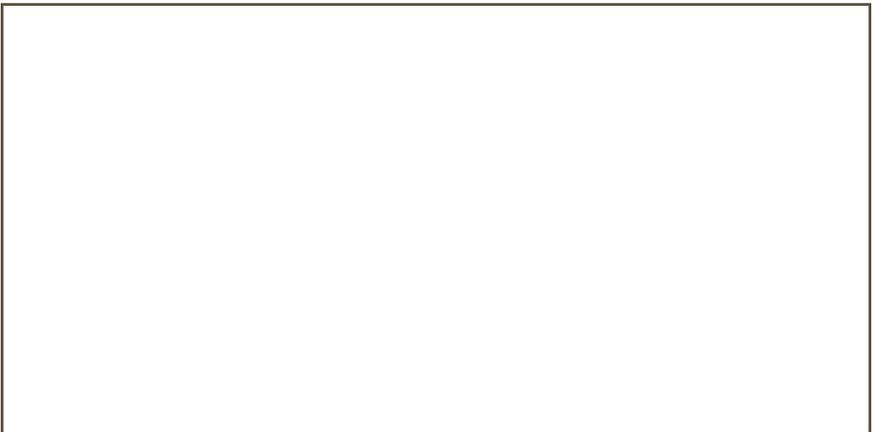
How would you like others to remember you when you're gone?

What are you willing to struggle for?



What issues are important to you?

*Environmental, humanitarian, social issues etc.*



# What now?



*“Have the courage to follow your heart and intuition. They somehow already know what you truly want to become.”*

Steve Jobs, commencement address, Stanford University, 2005”

Maybe as a result of this mini workbook you feel you want to make changes in your life, maybe you are happy to stay just as you are. As mentioned in the introduction, you don't necessarily need to change your job to fulfil your Dharma but hopefully you now have an idea of your values so that you can live in harmony with them. use the knowledge to help make future decisions.

Another way to apply what you've learnt is to have a holistic health therapy session with me. For more information or to enquire directly visit <https://cateterry.co.uk/holistic-therapy>