

REMEMBER YOUR PURPOSE

Do you have a feeling that you are here for something bigger than what you are doing now? Do you allow yourself to pursue that feeling and to follow that path? We are all born with a special gift that we are meant to bring to this planet. Your gift is that special something that comes easily to you, and when you are engaged in that activity you lose track of time. It also brings you great joy. You deserve to do work that you love.

Here are some questions to think and journal about to become aware of your unique gifts. Pay attention to your feelings when you are journaling. Also, look for any reoccurring themes.

What are your strengths?

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What activities do you do where you lose all track of time because you are so immersed in a positive way?

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Ask the people who know you best what three words they would use to describe what makes you unique/special.

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What ideas come into your mind over and over again? Perhaps it is one thing you dream of doing, but never think could become a reality?

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When you were a child, what did you dream of doing when you grew up? What were your favorite activities?

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If money weren't an issue, what would you be doing?

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What questions/problems do people you know commonly ask you to help solve? Or abilities you have that they tell you they admire?

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What memories, intuitions or insights come to mind?

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Who do you admire? When you see that person, you think to yourself "I'd love to be doing what she/he does!"
What is it about the work she is doing that most appeals to you?

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Once you have more clarity, take action towards your idea every single day. Practice curiosity, courage and commitment. Use your **curiosity** to explore what brings you pleasure and interests you. **Courage** is the mindset you will use to keep pursuing your ideas, even if it makes you feel scared or uncomfortable. **Commitment** is your way of showing up for yourself and confirming your dreams matter.

Reflections (use this space to write any other thoughts or ideas):

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