



Identifying Everyday Purpose

First write down what's important to you in your life. If you struggle to articulate this, think about 3 people who you admire. What is it about them that you like so much? What do they do? Perhaps you admire their parenting skills, their career, their confidence, or their kindness? What might that tell you about what is important to you, in your life?

Once you have a list, try to distil it down to a top 3 - 5. Then using this information complete the following statements:

My purpose today is to ...

My purpose this week is to...

My purpose this month is to...

I will live in alignment to my purpose by...

My purpose right now: to... ,so that ...

