

WORKSHEET: ALIGNING WITH YOUR PURPOSE

Use these writing prompts to help align with your vision, values, and purpose

Start by noticing your thoughts. What mindsets have you adopted from others that do not align with our values? Do you hold beliefs about milestones you need to accomplish by a certain age or timeframe?

Write these down.

Then, cross them out. Next, write down new beliefs more aligned with your values.

Think of a time your purpose, vision, and values felt most aligned. When do you feel most at ease or connected to yourself? What activities energize and inspire you? Which of your accomplishments make you feel most proud?

How can you re-create this alignment moving forward?

What patterns of behavior are keeping you stuck in a rut (watching too much television, mindlessly scrolling social media, comparing yourself to others, etc.)? What behaviors are more aligned with your vision? What actions can you take each day to help you manifest that vision?

Think about the ideal version of your life. What matters most to you? How do you view success? When you feel stuck or lost what or whom do you turn toward? These answers will help you get clear on your values. Get specific. Start to envision the life you most crave.

