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#READY FOR PURPOSE

DAY 1

CONNECTING WITH YOUR PURPOSE & MISSION

Use this worksheet to help you through day 1 and make sure to listen to the live on my Facebook Page also!

What lights you up? (write down as many things as possible)

What are you good at? What are your skills/talents? (write down as many as possible, minimum 10)

What would you love to do more of? What are you curious about?

Who inspires you?

Who are you jealous of?

What thing have you secretly wished for / wanted to do but have never told anyone before?

How do you want to be of service to the world? What do you want to change?

How do you see play?

What can you do that represents play?

When have you been in flow, so much so that whatever you have been doing has been almost automatic?

How can you add play into your life today?