

YOUR LIFE PURPOSE

These guided visualizations and subsequent questions will help you start to formulate your own life purpose or mission statement. As before, create some private time and space for this. Between each of the visualizations, once you have a full, rich image, open your eyes and jot down your answers.

01

Guided inner journey 1

Think of a time in your life when you felt at your most powerful – a time when your spine, arms and fingertips were tingling with excitement, a time when you simply didn't care what anyone thought of you. You were absolutely alive. Notice where you were, what you were doing and who was around you. Write down the answers to the following questions.

Where were you?

What were you doing?

Who was around you?

02

Guided inner journey 2

You've been given a billboard and can put any message you want on it. Thousands of people will drive by and see your billboard every day.

What does it say?

03

Guided inner journey 3

You are getting into a spaceship. The spaceship takes off. You are on your way to an undeveloped planet in the universe. It's a fine planet in every way, but it's uninhabited. You have the power to make this planet whatever you want it to be. When you land, what is it that you're going to make happen: what's the impact you want to have, that's going to create the planet in the way you want it to be?

The ship is landing. The doors open. You touch the planet and say, 'It's going to be this way.' What is 'this way'?

Once you have done all of these visualizations and written down what came from each one, go back and look for all of the impact words and themes that come up. For example, for me, I wanted people to have choice and feel free, and my billboard said, 'You always have a choice.' Now, hone that down to create the beginnings of your life purpose statement:

I am here to ...