

# DAY 2: COME HOME TO YOUR SOUL'S PURPOSE

## Key Ideas

- Life is emotion - we never want something just for the sake of "having" or "doing" it, but because of the *internal* state we associate with having or doing it. The same applies to our purpose
- Our Soul's Purpose is our emotional blueprint - the primary emotions our soul seeks to experience. It is our internal energy source that propels us forward to create the life we want.
- To discover our Soul's Purpose we need to look at what lights us up - the emotions that make us come alive.

## Your Soul's Purpose

*Just want to give a quick shout-out to Mastin Kipp who I adapted this exercise from. I found it so powerful that it has become an essential part of my coaching work with clients. Hope you enjoy it!*

1. Today you will look back on the moments of your life that made you feel like you had come alive. These do not necessarily have to be big or significant moments, like a graduation or going on a big trip, although they totally can be.

But I invite you to also allow yourself to explore the small and gentle moments of your life as these could be when you felt happiest, such as when someone you love gave you a big warm hug.

As you go through this exercise, please don't try to find the perfect memory. Trust that whatever comes up is exactly what is meant to come up. You'll get a chance to pick different memories, so don't overthink it.

**To start with, find a quiet space** where you will not be interrupted for the next 30-45 minutes and allow yourself to settle in.

Place your hand over your heart, close your eyes, and take a couple of deep breaths. Bring attention to your heart space and simply breathe in and out. If you are getting distracted by thoughts, simply return to your breath as soon you notice it.

Continue this way for about 5 minutes. Then open your eyes and answer the prompts on the next page.



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Ask yourself:

2. What is the earliest happiest memory I can remember? You may close your eyes to let the answer come to you. Then answer the prompts.

My earliest, happy memory is:

Who was in this memory?

What was I feeling during this moment?

3. **Beautiful.** Now, close your eyes again and ask yourself once more: "What is my next happiest memory"? Listen to the answer. Then write it down.

My second happy memory is:

Who was in this memory?

What was I feeling during this moment?

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4. Notice how it *feels* to go back to these memories. I know that it can bring up a lot, but feeling it is the key here. Give yourself permission to feel all the emotions, don't hold back. We are going to explore one more memory. Once again close your eyes and ask yourself: "What is my next happiest memory?"

My next happy memory is:

Who was in this memory?

What was I feeling during this moment?

5. **Amazing.** If you want to keep going, please do so. All these beautiful memories are incredible clues to your Soul's Purpose - to that what makes you come alive and what your soul wants to experience above all else in this lifetime. So have a go at one more memory or continue to the next page.

My second happy memory is:

Who was in this memory?

What was I feeling during this moment?

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6. Beautiful. How was that? Please write down all of the emotions you identified in your memories. Having this overall list is important for the next part of the exercise.

Emotions I felt during my happiest moments/memories:

7. Perfect. You are now going to identify the two primary emotions that truly light you up - that your soul craves to experience above all the other ones.

Once you are clear on these, you can start building your life around them (as well as your soul values from day 1) and experience a much deeper sense of fulfillment and peace in your life.

In order to do this, simply pick two emotions from your list and ask yourself: "Which one would I rather feel if I had to choose?" Keep going with the emotion that won and compare it to the next emotion on your list. Pit the winner against the next one, and so on.

Keep going down the list until you have a final winner. That is your first Soul Emotion. Repeat the process to find your second Soul Emotion. Then write them down below.

My first Soul Emotion is:

My second Soul Emotion is:

*Btw. It might well be that there is an overlap between your Soul Values from Day 1 and your Soul Emotions. That's totally fine as there is a strong link.*



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8. **How are you feeling?** Are you feeling a sense of peace, or are you obsessing over whether you did it right? ;- ) Again, let me remind you that nothing here is set in stone. Allow yourself to explore.

There is, however, a wonderful way for you to *feel* whether you arrived at the two emotions your soul craves the most: Your Soul Purpose statement.

Using the template below, write your first Soul Emotion in the first blank space and your second Soul Emotion in the second blank space. Then read the statement out loud to yourself and *feel into your body*.

Your Purpose statement should feel like a yes in your body - as if you are coming home or a big warm hug.

When I did the exercise my two Soul Emotions turned to be feeling that I matter and belong. Hence, my Purpose statement reads:

The Purpose of my life is to matter to myself and feel the sense of belonging that results while inspiring others to do / feel the same.

Now it is your turn.

### My Purpose Statement

The Purpose of my life is to \_\_\_\_\_ (1st Soul Emotion) myself and feel the \_\_\_\_\_ (2nd Soul Emotion) that results while inspiring others to do / feel the same.

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## Your Soul's Purpose

Wow, you did it. You've come home to your Soul's Purpose!

Notice how your Purpose is not attached to anything external? That means, no more anxiously looking for something 'out there' to make you feel whole.

No matter what, you can always tap into your soul's Purpose and become an *embodiment* of it. It is all internal. Isn't this amazing?

While we will talk about your outer purpose tomorrow (what your soul wants you to do in terms of work etc.), know that being connected to your Soul's Purpose is key - regardless of what you do out in the world. It's your internal anchor.

Feel free to use the journal prompts below to further reflect on this.

You did amazing. Get some rest and recharge. We'll speak tomorrow.

Much love  
Christian

What does my Soul's Purpose mean to me?

What thoughts & behaviours would nourish my soul and reflect my Soul's Purpose (today)? (you can ask yourself this every day to stay connected to it)