



Your **VISION** Quest

A 3-DAY EXPERIENCE
FOR FINDING YOUR PURPOSE



BREAK FREE FROM THE MYTH ABOUT YOUR LIFE PURPOSE

Key Ideas

A big myth about our purpose is that our purpose is '*out there*' for us to *find* and one *singular* thing. For this quest, and possibly beyond, I invite you to distinguish between:

- 1. **Your Inner Purpose:** To simply be. To be present. When you are present, you are connected to the collective intelligence of the universe and your actions become naturally aligned with the whole. This is everyone's main purpose.
- 2. **Your Soul's Purpose:** The primary emotional state your soul seeks to experience through you in this lifetime. It's what makes you come alive.
- 3. **Your Outer Purpose:** what you do in the world, and what people commonly mean by 'life purpose'. However, rather than being fixed, it is constantly evolving and changing. No outer purpose lasts forever. That's why it is important that we stay centred within ourselves (inner purpose) and not attach our entire sense of self and worth to what we do.

Letting go of limiting beliefs about your Purpose

1. What external things have you believed to be your Purpose until now?

2. What have you started to believe about yourself as a result of this?

3. What would it feel like to let go of these beliefs? Allow yourself to feel it.

Today's Affirmation

I let go of judgment about past choices that have led me to where I am right now. I am willing to consider that I am exactly where I need to be...that everything in my life has served a purpose and provided me with the exact experiences needed for my highest learning and growth. I no longer put my Purpose outside of myself. I am curious and open to exploring my Purpose within.

