

# DAY 3: BECOME CRYSTAL CLEAR ABOUT YOUR SOUL'S VISION FOR YOU

## Key Ideas

- Today we dive into what your soul is calling you to do in the world - your outer purpose!
- Your outer purpose is where your gifts, passions, and wisdom intersect, allowing you to bring something into the world only you can.
- Your outer purpose keeps changing and evolving over the course of your life.
- Therefore, don't get too attached to it or put too much pressure on yourself when trying to figure out the exact right thing.
- Allow yourself to be *playful* and *curious* about *exploring* what your soul wants you to create *at this point in your life* (vs. for the rest of your life)

## Your Soul's Vision

1. To begin with, [listen to this 5-minute meditation](#) to start connecting to your heart's desires.

When you are done, return to this page and write down your unfiltered thoughts and ideas.

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## Your Soul-Fulfilling Vision

How did that go? Did any desire or vision present itself to you? Or did you feel totally blocked? If something came up, keep it handy. If not, don't worry at all!

I now invite you to reflect on your gifts, passions, and inner wisdom. Afterwards, brainstorm ideas how you could make use of all three in the form of service, because this will lead you to your outer purpose. If anything came up for you during the meditation, see if you can refine it here.

### GIFTS

What do other people admire about you that comes totally easy to you?

### PASSION

What excites you? What can you not stop talking or learning about?

### WISDOM

What struggles have you overcome and/or can you help others overcome?

### OUTER PURPOSE

What activities or ideas come to mind that allow you to make use of your gifts, passion(s), and wisdom in the form of service?

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## Your Soul-Fulfilling Vision

Amazing!

Now I want you to revisit your soul values from day 1 and your Purpose statement from day 2. Does your vision/outer purpose reflect what matters to you and what emotions your soul seeks to experience? Or do you need to make any adjustment / changes?

Reflect on this and then write down your adjusted vision below.

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## Your Soul-Fulfilling Vision

Wohooo - you are truly incredible for doing this work! What does it feel like to have this new clarity about your soul's vision - your outer purpose?

In case it all still feels a bit vague and unclear to you please don't worry. That's totally ok. Sit with it and allow your vision to evolve, this is deep work you are doing.

Also, if you experienced any resistance today - you know, voices like:

"That's not realistic and practical"

"Sorry, it's too late for you to do that"

"Who do you think you are for wanting that or believing you could even do that?!"

...or whatever it may have been for you...

...I've got a bonus coming for you tomorrow where I'll help you get clear about that resistance...because getting clear about our resistance is the first step in overcoming it. But that time is not today.

**Today is about celebrating you.**

About acknowledging your courage, your commitment, and your determination to do this quest - you are amazing for putting in all this work!

Please sit with your vision today and just acknowledge yourself for what you've accomplished.

Here's little personal congratulation from me :)

Much much love and I speak to you tomorrow,  
Christian



# BONUS WORKSHEET

## IF YOU STILL HAVE NO CLUE WHAT YOU WANT! :-)

If you still feel like you have no idea what you want to do / feel called to, I have a bonus exercise for you that I do with clients who feel totally blocked from getting in touch with their soul's desires!

You see, oftentimes when we struggle to figure out what we really want, it is easier for us to first think about what we do NOT want.

That's why I'm going to ask you to first create your personal job from hell and then flip all the details - because that will turn it into your career/life from heaven! There is only one rule: whatever you choose must have tasks, hours to keep, and some kind of remuneration. Other than that, you can go wild.

### JOB/LIFE FROM HELL

What would you be doing? (list all activities that come to mind)

Where would you be doing it? (environment - office, remote, city, etc.)

With whom would you be working? (alone, coworkers, business partner, etc.)

### JOB/LIFE FROM HEAVEN

REVERSE: What would you be doing now?

REVERSE: Where would you be now?

REVERSE: With whom would you be working now (or not)?