



Find Your Purpose

BY DISMANTLING THIS ONE MYTH

For the lost INFJ/INFP in search of their calling



FIND YOUR PURPOSE BY DISMANTLING THIS ONE MYTH

So, you are looking for your purpose, huh?

Since you are reading this, I assume your search isn't going so well...and that it is causing you a lot of anxiety and stress...and making you feel super directionless. Perhaps you are even questioning your entire existence!

Well, if that's you I am so glad this resource has found you.

Where you are, I was 7 years ago. Back then, I was stuck in a soul-crushing job, struggling with an addiction, and on the verge of complete mental-emotional-spiritual burnout.

Like all INFJs & INFPs (personally I feel like a blend of both) I was in search of my deeper calling and purpose in life. And not being able to quite figure it out was killing me. Like literally.

7 years and many realization later I now work as a coach helping people like you find their purpose, reclaim their peace, and make a difference.

However, the first step towards living your purpose...is actually to let go of the myth you've been taught about your life purpose.

I go deeper into this in the video below, so go check it out.

On the next page you find further prompts for reflection, so you can release your "purpose anxiety" and return to feeling curious and excited about your unique path in life!

Much love,

Christian



[WATCH VIDEO](#)

btw, this video is part of my 3-Day Vision Quest where I help you get crystal clear on your purpose. I provide more info on how to access it at the end of this worksheet.

FIND YOUR PURPOSE BY DISMANTLING THIS ONE MYTH

Key Ideas

A big myth about our purpose is that our purpose is 'out there' for us to *find* and one *singular* thing. However, when we put our purpose outside of us, we put ourselves in a state of lack reinforcing a belief that something about us is wrong or incomplete for we haven't "found" our purpose yet. This creates a lot of unnecessary anxiety and suffering. I therefore invite you to distinguish between three levels of purpose:

1. Your Inner Purpose: To simply *be*. To be present. After all, we are all human *beings*, not *doings*. When you are present, you are connected to your intuition and by extension to the collective intelligence of the universe. Your actions then 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 your unique emotional blueprint and what makes you come alive. You may look at it as your purest intent for being here, your spiritual mission that is not directly attached to anything external, but a state you generate *within* yourself.

3. Your Outer Purpose: What you do in the world (your soul's work), 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. When we are anchored within ourselves, our doing becomes much more impactful.

Use the prompts on the next page to further reflect on this new perspective about your purpose

FIND YOUR PURPOSE BY DISMANTLING THIS ONE MYTH

1. What external things have you outsourced your Purpose to?

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.

You are amazing!

I truly hope you are feeling some lightness and excitement about your future return.



Now, if you are ready for MORE...

...then I invite you to check out my

Live Your Purpose Toolkit

...which helps you

...get clear on your soul's & outer purpose
+ take ACTION on it
+ much more

You can learn more about it right here.

[GET YOUR TOOLKIT](#)

Whatever you decide to do from here on out...

I AM ROOTING FOR YOU.

Because the world needs people like you to share their gifts.
I hope you know that.

Love,

Christian