

SELF-DISCOVERY WORKBOOK

Knowing & Living Your Soul's Life Purpose



"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you *not* to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others." *Marianne Williamson*

Welcome beloved!

This workbook is intended to help you to remember what your heart and soul's purpose is AND to aid you to begin to vision a vehicle for your purpose in the world that supports you on all levels.

It is my heartfelt prayer that this helps you to KNOW & LIVE YOUR SOUL'S LIFE PURPOSE. When you are living in alignment with your soul's life purpose, the whole Universe, God, Spirit, All THAT IS supports you! Your life becomes one of joy, happiness, health, freedom and fulfillment.

When you were born your life purpose was written in your soul and is encoded in your very fingerprints! Your Life Purpose matches your secret dreams. It is what excites you and makes you happy. It's your passion – it's who you are in your deep heart. It's more than a job – it's "right livelihood" - It's your God-given birthright.

The exercises in this workbook will help you to:

- Remember who you are, what you love to do and what your passions are
- Remember your successes, your learning experiences, your talents, your skills and your gifts.
- Remember your "Mission" here in "Earth University School for Souls"
- Craft a Mission Statement
- Vision a Vehicle to express your Purpose in a way that supports you in all ways
- Develop an ACTION PLAN

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Have fun - this is all about YOU! And remember that boldness is always rewarded

Part I

SELF DISCOVERY QUESTIONS

DREAMS AND DESIRES

List what you have ever dreamed of doing or being, now and in the past, (and especially as a child)

STRENGTHS, SKILLS AND NATURAL TALENTS

1. My personal strengths, qualities, characteristics are:

2. The things I am good at doing, come easily to me, and for which I have always had a knack for are:

3. I am skilled at doing: (learned)

4. Others would say I am good at or an expert in:

5. The natural talents I have that I may or may not be using are:

6. If I had to teach something I could teach:

7. Someone could call me to get my assistance or opinion on:

8. My unique abilities of my niche is:

PERSONAL INTERESTS

1. My favorite things to do in the past (before I got too busy or caught up with “life” were:

2. My favorite things to do now are:

3. My hobbies and what I would like to do in my free time is:

4. My favorite and passionate topics of conversation are:

5. The types of books I read or would read are:

6. If I were to purchase 3 magazines, they would be:

7. If I had to teach something, I would WANT to teach:

JOY AND MEANING

1. These activities make my heart sing, give me a true feeling of joy whenever I am engaged in them and they raise my spirit:

2. With these activities I lost track of time:

3. My favorite things to do as a child were:

4. The movies that inspire or move me are:

5. What makes me feel great about myself is:

6. What really excites me is:

7. What gives me a sense of satisfaction and fulfillment is:

8. What I find meaningful in my life is:

PAST CAREERS/WORK

(include people, places, tasks, topics, finances, etc.)

1. The parts of my past work that have been the most enjoyable are:

2. The parts of my past work that have been the most meaningful are:

REGRETS

1. What would you regret not fully doing, being or having in your life?

2. Why do you believe those wishes never came true for you? What held you back?

EULOGY PROCESS

Write your own eulogy: Who is there at your funeral? Who speaks? What do they say about you? What did they value you about you? (or that you valued yourself?)

Part II

MY BLUEPRINT FOR LIFE

PRESSING “RESTART” ON YOUR LIFE

If I could start fresh, with no past and a totally clean slate, and live my life over, this time I would...(what would you do, be or have?)

THE BOTTOM LINE!

What will it take for you to finally feel truly happy, successful and that you lived fully in this lifetime? (be specific, be/do/have)

VALUES

What are your 5 highest values? Prioritize in order of what's important to you.

Security	time freedom	financial freedom
Success	love	challenge
Adventure	passion	intimacy
Comfort	productivity	environment
Beauty	giving/service	friends
Family	primary relationship	respect
Integrity	achievement	being the best
Intelligence	health	fitness
Honesty	joy	play
Inner peace	courage	empowerment
Learning	spirituality	independence
Creativity	personal growth	leadership

LIFE CHALLENGES AND ISSUES

1. What are some of the life challenges, hardships, issues, obstacles, pain, and wounds you have faced?

2. Which of these were you able to overcome?

3. How did you overcome it?

4. How do you believe you could help others overcome similar issues?

PASSION: FOR AND AGAINST

1. What excites you about the world or about people?
2. What cause or aspect in people do you strongly believe in?
3. What would you stand up and fight for?
4. What angers you about people or what's going on with the planet?

5. What would you stand up and fight against?

6. If you could talk to any group of people and shake them up and wake them up, who would you talk to and what would your message be?

CONTRIBUTION

Utilizing your natural talents, passions and beliefs, how could you serve and help people, creatures, the environment or planet?

Part IV

YOUR MISSION

1. Everyone has a mission which is different from your purpose
2. Your mission cannot be fully fulfilled in this lifetime (whereas your purpose can be fulfilled in this lifetime)
3. Must encompass both business and personal life (be in alignment with who you are)
4. It is NOT your job or your business
5. It is not your role – it is bigger than you
6. Your mission is based on serving others
7. Your mission is based in Action (human being *doing* your mission)
8. Does not have to be huge (assist who you can and as many as you can)
9. Must ignite your passion- excites you for or against something
10. Mission has nothing to do with money
11. It's something you can control from your end
12. You may already be doing it – recognize it and practice it
13. Your Mission is Spirit's work – life affirming, creating Light, Service, Connected to Source
14. You choose your mission (to give you satisfaction, fulfillment, joy)
15. You find it in your heart and soul

FORMULA FOR CRAFTING A MISSION STATEMENT

1. A mission is based in **ACTION**. What do I **DO**?

Choose 1-5 **verbs** from the action word list on the following page that resonates with, inspires or excites you.

2. **Who** or what do I assist:

Examples:

People in general, a specific organization, a specific group of people, babies, children, teens, couples. Families, baby boomers, the poor, elderly, disabled, athletes, artists, performers, media, businesses, sales people, doctors, the medical profession, churches, animals, dogs, trees, oceans, the planet, etc.

3. What is my goal for the world or who I help? What is the **value, benefit or the end result** I create?

4. **MISSION**: Now **combine all 3** of the above elements.

EXAMPLES:

“My mission is to teach, heal & inspire, those who are ready to live their soul’s life purpose.”

“I create a more peaceful, joyful world by educating people to live in their higher self.”

“My mission is to inform and shelter women so they can protect themselves from abuse.”

“MISSION” ACTION WORDS

In terms of your mission, designate 3-5 words that most resonate, inspire & excite you

accomplish	confirm	express	master	resonate
acquire	connect	extend	measure	respect
act	construct	facilitate	mediate	restore
add	contact	finance	model	return
administrate	continue	forgive	mold	revise
adopt	co-ordinate	foster	motivate	safeguard
advance	counsel	further	move	satisfy
advise	create	gather	negotiate	save
affect	decide	generate	nurture	sell
affirm	defend	give	open	serve
alleviate	delight	grant	organize	share
amplify	deliver	guide	participate	shelter
analyze	demonstrate	heal	pass	speak
appreciate	devise	help	perform	spread
ascend	direct	hold	persuade	stand
assist	discover	host	play	support
associate	discuss	identify	practice	surrender
believe	distribute	illuminate	praise	sustain
bestow	draft	implement	prepare	take
brighten	dream	improve	present	tap
build	drive	improvise	produce	teach
call	educate	inform	progress	team
cause	elect	inspire	promise	touch
change	embrace	integrate	promote	trade
choose	empower	involve	provide	translate
claim	encourage	join	pursue	travel
coach	engage	keep	realize	understand
collect	engineer	know	reclaim	use
combine	enhance	launch	reduce	utilize
command	enlighten	lead	refine	validate
communicate	enlist	learn	reflect	value
compel	enliven	light	reform	volunteer
compete	entertain	live	relate	work
complete	enthuse	love	relax	write
compliment	evaluate	make	release	yield
compose	excite	manage	remember	transform
conceive	explore	manifest	renew	

Part V

VISIONING EXERCISES

1. What were you naturally good at as a child or teenager?

2a. What are 5 careers, businesses or ways of living you would like to try?

2b, Why did you choose these five? What qualities do you like from each?

3. What would you do if it were absolutely guaranteed you could not fail?

4. What type of business or work do you believe would help you learn and become the person you want to be? (Aligns you spiritually, physically and emotionally)

5. What would you like to see created in the world? What kind of legacy or gift would you like to leave people and the planet?

6. What do you feel the world needs that you might be able to make a contribution towards?

7. Is there a person or company whose mission or vision excites you? If so, who is it and what is that mission or vision?

8a. Whose career do you admire? Who, career-wise, would you like to model?

8b. Which aspects/qualities of who they are, what they do and how they do it resonate with you?

9a. Which parts of your current career could be part of your new vision?

9b. How does your current work align with your mission?

Visioning A Vehicle for your passion & purpose

This is the vehicle that can bring you money, it's can be the career or work for your Soul's Life Purpose to be expressed in the world and brings you Joy, Happiness, Health, Abundance & Fulfillment

CLEAR VISION

Having a clear vision gives you direction. It's your compass. It's the magnet that attracts success. What you focus on expands

You can invent your own, OR you can align with others and do it through other people's vehicles

It **MUST** totally ignite and excite you!

MASTER KEY: It must come from deep inside you. It comes from what you *want* to do NOT what you think will work in the marketplace. It is in alignment with your soul, your spirit and your passion. You love it –and maybe it doesn't even feel like 'work' and you wouldn't care if you are paid for it (

Ask yourself honestly: "Do I **REALLY** want to do this"?)
Go for what you want!

PASSION + COMMITMENT = Miracles

Your vision can change. Your vision is your vehicle. It can have an end result. Your vision can be 3-5 years. Don't wait for the perfect vision – start “try it on” keep correcting and continue.....

JUST DO IT!.....turn the page and begin (

3 YEAR VISION(s)

**Drop into a deep place inside your heart/soul.
Start with the following question and begin to write**

Choose a date 3 years from now ex; June 4, 2022) and begin to write in the PRESENT TENSE what are doing, being, having. IMPORTANT: write, feel and act in the present tense only. Feel/Act as if it's already true!

For example: My name is Jane Doe and it is June 4, 2022... I am living on a ranch in California with my husband of 2 years. I love looking out the window at the beach below and I am looking forward to my workshop that I am teaching to the 500 people who have already enrolled. I have published 3 books and one is a NY Times bestseller!...I have \$100,000 savings in the bank...I am 5 months pregnant...etc etc.

The key is to feel it, be it in the present tense. (You are starting from the end result and then working your way backwards)

You may need to get your notebook out – enjoy the process, write and spend time praying about it – ‘try it on’ it must feel right and you can imagine yourself doing, being, having what you write

SHORT TERM VISION AND ACTION PLAN

1 YEAR VISION

Work backwards from your 3 year vision and create a 1 year vision.

(ex; today is June 4, 2020 and I am (what are you being, doing, having?))

30 DAY VISION AND ACTION PLAN

(now, based on your One Year Vision above Write both your **30-day** vision (what are you doing being and having 30 days from now

AND then list achievable actions you will take this month to reach it. Be specific, give dates, put it in your calendar, make appointments.

Now – Get out your Calendar, Phone or Computer and book your.....

7 DAY ACTION PLAN

Write the achievable actions you can take in the next 7 days to reach your 30 day vision.

1 DAY ACTION PLAN

Read your 7 day action plan and now: Write which of your 7 day actions you can take *tomorrow* in order to reach your 30-day vision.

CONGRATULATIONS!!!! You are on your way!

Remember, in order to make change you must:

- Do something 'out of the box' that has HIGH IMPACT
- Do it often (high frequency)
- Get ongoing support

Here's the secret:

When you do your:

1 day actions plan – it gets you 20% there

7 day action plan – it gets you 30% there

30 day action plan – it gets you 50% there

1 year action plan - you are 99% there!

I sincerely hope this workbook has been helpful for you!

Peace & blessings to you as you remember your dreams, your purpose and step into them fully – full ON!

Mary Halima Fleming

<https://OneSoulPurpose.com>

Soul Purpose Acceleration Coaching

Soul Purpose Hand Analysis Readings

Sufi Spiritual Healing (helps remove blocks, stuckness)