

*Inside Our Dream*  



Discover Your Purpose in 4 steps or less!

*Discover Sheets*

# Find Your Purpose

## Step 1. Influences

**Your life's purpose is nothing more than the emotional reasons that drive your life's behavior, goals, and direction.** So now that

we know what “A Purpose” is, we can begin to uncover the hidden influences that are secretly contributing to your current mindset

So let's look at some of the most important factors that contribute to our life's direction so we can begin to craft the purpose you desire!

### PART 1

## People

- 1) Who are your top 5 personal influences? (*People in your life/Good and bad*)

---

---

---

- 2) Are they mostly negative or positive?

---

---

---



3) Do you feel you owe anything to them?

---

---

---

---

PART 2

**Actions**

1) What do you feel you have to do ?

---

---

---

2) How would you feel if you didn't have to do those anymore?

---

---

---

3) Could you **honestly** let yourself feel that way anyway?

---

---

---

---



PART 3

**Identity**

1) Do you feel like you need to be a certain way? If so what?

---

---

---

---

2) If you didn't have to be those things would you feel better?

---

---

3) Who would you be? (let your imagination free here)

---

---

---

---

---

---

---

---

---

---



PART 4

## Emotional Desires

1) Do you need to feel accepted? Who do you want acceptance from?

---

---

---

---

2) Do you feel unloved? Who do you want love from right now?

---

---

---

---

3) Can you love yourself instead?

---

---

---

---

---

---

---

---



# Fantastic Work!

Review what you wrote and choose at least one specific point that you want to change (either from the list above or another idea) to bring more purpose and meaning to your life. Write your action step and where and when you'll complete it below.

<b>MY PURPOSE-DRIVEN ACTION STEP:</b>	

## THE EXACT TIME/DATE WHEN I'LL COMPLETE IT:

<b>DATE:</b>	
--------------	--

### Other Notes

---

---

---

---

---

---

---

