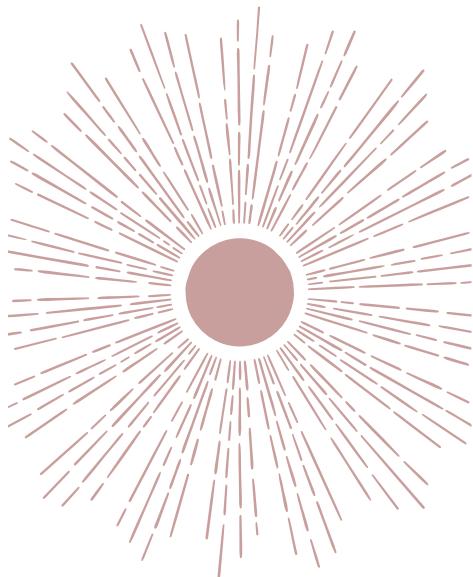

discover your purpose



daily journal prompts for
clarity + healing
by ranelia

As human beings, we all have an innate desire to live a meaningful life, to make a difference, to utilize our skills, to make the world a better place, to fulfill our dreams.

But how do we sift through all the expectations, the misplaced identity that leads to less than ideal motives? How do we choose a path that is both practical and meaningful - while also being aligned with who we are?

I personally believe that you already have the answer inside of you – but it's a matter of asking the right questions. It's much more logic, than magic.

Sometimes we want the process to be magical. We want the answer to be written in the sky. If we're spiritual or religious we want God or the universe to give us a sign.

But I think there's a balance. And what I want to share with you today will hopefully give you some guidance and direction as you chart a path forward. The goal is for you to find a path that brings you fulfillment, that meets your priorities in life, that is practical and that is aligned with your values.

always,

ranelia

What are you trying to prove?

Take a moment to ask yourself honestly - "is there anything deep down inside that I am trying to prove?" Where do you derive your sense of being important, wanted, needed in the world? Is it from anything external - skills, achievements, outward beauty, reputation, wealth, status? What experiences did you have as a child or adult that made you feel that it was necessary to prove whatever it is you're trying to prove to yourself or to others?

Confront your limiting beliefs

Experiences in life teach us that we have a ceiling. The problem is that it's a fake ceiling, because anything is possible. But we choose to believe it out of fear of trying something new or fear of failure.

Name the limiting beliefs about yourself. For each limiting belief, ask:

1. Does this belief serve me? 2. How has it negatively affected me? 3. Where did this belief come from? 4. Why am I continuing to hold on to it? 5. How would I feel if I let it go? 6. How would I feel if I let it go?

Confront your limiting beliefs

Continued...

Confront your limiting beliefs

Continued...

Passions

What are you passionate about? What doesn't take energy from you?
What gives you energy? What do you love to do or talk about naturally?
What would you do without getting paid? Even if you're not skilled at it -
what peaks your interest that you could talk about or do for hours?

Lastly - how important is it to you to do something you're passionate about? Do you want to have a career you're passionate about, or do you prefer to live out your passions on the side?

Skills

What are your skills? What did you learn in school that you're skilled at? Even if you're not passionate about these skills, what do you do fairly well? Are there intangible skills you have like being intuitive, or having social / networking skills?

Values

How do you want to live your life? What is important to you to accomplish? What are some immediate goals and long-term goals you have in life? What kind of lifestyle matters to you? What will make you proud of yourself at the end of your life?

Visualization

Imagine yourself in 5 years, as the most aligned, ideal version of yourself. Perhaps a version of yourself that has solved some of the issues you're facing now, not struggling with the same problems or anxieties. What do you imagine yourself doing? What do you visualize yourself looking like? Feeling? What hobbies are you engaged in? How are you spending your time?

Take time to visualize and write down what you think of. Take your dreams / gut instincts seriously & filter what you find through your passions, skills and values.

Filter, research & narrow down

Go back to your passions, skills and values - and circle the top 3 of each section. If you could only take 3 passions, 3 skills and 3 values with you for the rest of your life - what would they be? Compare what you choose with what you visualized. Does anything line up between your passions, skills and values? Is there something you wrote down that fits all three areas?

Write below the common threads or recurring themes you find. Pay attention to those that fit 3-4 of the passions, skills, values & your visualization.

Brainstorm career / lifestyle / hobbies

Now write down all the possible career paths you would be interested in or that fit within your passions, skills, values and visualization. Even if there are some that you haven't thought of before. Take a few minutes to text your closest family and friends and ask them what they could see you enjoying in life and what their thoughts are. Compare it to what you've found.

Keep narrowing down and filtering each option through your passions, skills, values and visualization - until you have a few strong options that fit those categories as much as possible. Do your research to see if you'd enjoy at least 60% of the daily lifestyle / process of those options.

Brainstorm career / lifestyle / hobbies

Continued...

