

LIFE PURPOSE

Childhood:

How did you feel growing up? Were you happy, sad, angry, lonely, etc.?

What were your biggest worries/challenges?

How did you feel about those worries and challenges?

Did you have a safe place?

Where was it?

What did you do in this safe place?

Are there specific incidents that stand out in your memories of childhood? If so, write down briefly the incident and, more importantly, how you felt during and after the experience.

What were your thoughts about yourself? Are you still holding those thoughts? If so, why?

Adulthood:

How do you feel about your life now?

What are your biggest worries/challenges?

How do you feel about those worries and challenges?

Where or how do you “retreat” when confronted by a worry/fear or challenge?

What do you enjoy doing in this place?

What has happened to you as an adult that stresses you? Be specific. Briefly describe what happened and how you felt about the experience.

What are your thoughts about yourself? Are they familiar thoughts you’ve been carrying a long time, or new thoughts?

What is your greatest desire in your life? Do you believe it is attainable? If you doubt it's attainable, what would help to make it attainable? Is what you need to help attainable? How can you acquire what you need? (Keep digging until you find something that can help you attain what you need to help you attain something greater).

Let's examine your answers.

Is there a repeating theme between your childhood feelings and those you carry as an adult?

Do you feel ready to update your perspective of events that may have happened as a younger you? YES NO

Are you ready to forgive others who may have harmed or abused you? YES NO

Can you forgive yourself for spending so much time carrying the weight of guilt, fear, judgment, and/or anger? YES NO

What can be learned from the big patterns in your life such as abandonment, abuse, trauma, grief, etc.?
