



# Find Your Life's Purpose

3

Mindset  
Changing  
Exercises



## I have no idea about what I would do.

**This first of all is not true.** We all know how we want to live and be, but we allow our mindset beliefs to block us from believing its possible.

Complete this sentence: Wouldn't it be nice if I could do\_\_\_\_\_ and have \_\_\_\_\_ for the rest of my life? I will living in \_\_\_\_\_ and spend each day\_\_\_\_\_ with\_\_\_\_\_..

**Write down 3 things you would do if money was no object?**

**What does a wealthy AF version of yourself do each day?** Take a minute and daydream/visualize a perfect Tuesday. What are you doing in the morning, afternoon, and night? What are you doing for self-care, work, and family time?

**What do you see yourself doing that can brings you passion and can potentially earn income?** Writing, creating, teaching others, working online? What do you truly love to do? What career paths or passion projects can be done from these actions?



# 2

## **It's impossible to succeed.**

Think about this. Is there someone out there doing exactly what you want to do?

### **Name 3 people:**

\*\*You can choose celebrities, but it's worthwhile finding an influencer or someone you admire in the field that you want to be in. You can find them on Instagram, Facebook, YouTube you are unsure of anyone.

**Why were they able to do what you want?** Are they living the life that you dream of?

**Learn their story.** How they were brought up and what were some of their struggles? (know that some of the most successful people come from extreme poverty & abuse and managed to rise up).

**How did they start their journey of success?** Track their milestones and the action steps that put them there.



# 3

## There Is No Way You Can Do It

**Yes. Yes there is.** As you unearthed above you can see that others have found the way. It may not be easy, but you don't have to know the how just the first steps to get there.

**What first steps can you think of** that will lead you to your dream life? Start a blog, outline a book, create an online program or course, start an Etsy store.

**What Can You Do Today?** There is some action step you can do right now? Sketch out a piece of jewelry, register a domain name, put up pictures of your art on social media.

**Create an outline of the first three steps** that can get you to where you want to be. This opens up the idea of possibility and allows your mind to believe that it is possible. Once these doors open more will follow and you will see even more options open up that light the path.