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My life is rich and rewarding. I search for meaning. **I listen to my heart.** I analyze the things I love to do and the things I do well. I list the qualities that I want to possess. I develop a personal mission statement.

I increase my awareness. I gain a deeper understanding of myself through meditation and prayer. I make concrete plans that leverage my unique skills and strengths.

I talk with others. My path may be different, but I can learn a lot by asking others about their experiences. I share my own goals and dreams. I welcome constructive feedback.

I look at ordinary activities from a different perspective. Housework and casual conversations take on greater significance when I view them as something sacred. I imagine creating a safe home for my family and giving someone a reason to smile.

I limit distractions. I turn off the TV and let go of nonessential tasks. **I devote more time and energy to my passions.**

I surround myself with positive influences. I share encouragement and support with family and friends. I enjoy uplifting books and podcasts.

I check in regularly to evaluate my progress. **I ensure that my daily actions match my purpose.** I recognize that my purpose may shift over time. I update my priorities as needed.

Today, I embrace life. I maximize my opportunities to learn and grow. I feel happy and fulfilled when I focus on my purpose.

Self-Reflection Questions:

1. What is the difference between living and existing?
2. How does having a purpose help me to manage stress?
3. What would my ideal life look like?