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I take actions that bring me closer to fulfilling my goals. When my choices align with my purpose, my life is more meaningful.

I clarify my objectives and set priorities. I ask myself what I am good at and what do I love to do. I notice the activities that create a sense of flow for me and help me to feel fully engaged. **I channel my time and efforts towards the things that matter to me.** I weed out distractions.

I put my beliefs into action. My purpose guides my decisions and behavior.

I take care of my health. I ensure that I have the capacity to perform at my peak. I eat nourishing food, exercise regularly, and sleep well. My mental and spiritual wellbeing counts too. I build strong relationships and practice my faith.

I do meaningful work. I find a career that relates to my purpose or I focus on my leisure activities. I can use my gifts in many roles as an employee, parent, friend, or volunteer.

I venture beyond my comfort zone. I am willing to take chances so I can achieve more.

I share my purpose with the world.

Pursuing my passions and leveraging my strengths helps me to have a greater impact. I find gratification in contributing to my community.

Today, I carve out my own path and keep moving forward. Being true to my purpose makes me happy and successful.

Self-Reflection Questions:

1. Why is it important for me to set my own standards?
2. What are some reflective practices that can help me to clarify my purpose?
3. How would I describe my unique purpose?