

Find Your Sacred Purpose

COMMITMENT

RESISTANCE IS FERTILE

CHALLENGES
Hunting for Gold

CORE VALUES

GIVE AND RECEIVE

WORST CASE SCENARIO

JOURNEY ARCHETYPES

KEY INSIGHTS

PURPOSE COMES FROM ACTION

Commitment

On a scale of 1 - 10 how strong is your commitment to finding and living your purpose?

What does anything less than 100% represent for you? (For e.g., if you're an 8/10, what how would you describe the 20% of you that's not committed?)

What outcome would make it worth it for you to be 100% committed if you're not already?

Resistance is Fertile

Why you like your sacred purpose.

When you find your sacred purpose/your next level you'll be... (eg., happy, successful)

It's important to find your sacred purpose because... (list your top 3 reasons)

Your favourite 3 - 5 qualities of someone you admire that is following their calling.

Why you DON'T like your sacred purpose.

How would your life *have to* change if you knew your sacred purpose?

What scares you about knowing your purpose?

What would you *have to* do if you knew your purpose/next steps?

How could your purpose be dangerous? In what ways would you be risking for it?

What part(s) of your life is knowing your purpose going to disrupt?

Core Values

Check off your values from the list below.

- | | | |
|---|--|--|
| <input type="checkbox"/> Acceptance | <input type="checkbox"/> Consistency | <input type="checkbox"/> Fearless |
| <input type="checkbox"/> Accomplishment | <input type="checkbox"/> Contentment | <input type="checkbox"/> Fidelity |
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Contribution | <input type="checkbox"/> Focus |
| <input type="checkbox"/> Accuracy | <input type="checkbox"/> Control | <input type="checkbox"/> Foresight |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Conviction | <input type="checkbox"/> Fortitude |
| <input type="checkbox"/> Adaptability | <input type="checkbox"/> Cooperation | <input type="checkbox"/> Freedom |
| <input type="checkbox"/> Alertness | <input type="checkbox"/> Courage | <input type="checkbox"/> Friendship |
| <input type="checkbox"/> Altruism | <input type="checkbox"/> Courtesy | <input type="checkbox"/> Fun |
| <input type="checkbox"/> Ambition | <input type="checkbox"/> Creativity | <input type="checkbox"/> Generosity |
| <input type="checkbox"/> Amusement | <input type="checkbox"/> Credibility | <input type="checkbox"/> Genius |
| <input type="checkbox"/> Assertiveness | <input type="checkbox"/> Curiosity | <input type="checkbox"/> Giving |
| <input type="checkbox"/> Attentive | <input type="checkbox"/> Decisiveness | <input type="checkbox"/> Goodness |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Dedication | <input type="checkbox"/> Grace |
| <input type="checkbox"/> Awareness | <input type="checkbox"/> Dependability | <input type="checkbox"/> Gratitude |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Determination | <input type="checkbox"/> Greatness |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Development | <input type="checkbox"/> Growth |
| <input type="checkbox"/> Boldness | <input type="checkbox"/> Devotion | <input type="checkbox"/> Happiness |
| <input type="checkbox"/> Bravery | <input type="checkbox"/> Dignity | <input type="checkbox"/> Hard work |
| <input type="checkbox"/> Brilliance | <input type="checkbox"/> Discipline | <input type="checkbox"/> Harmony |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Discovery | <input type="checkbox"/> Health |
| <input type="checkbox"/> Candor | <input type="checkbox"/> Drive | <input type="checkbox"/> Honesty |
| <input type="checkbox"/> Care | <input type="checkbox"/> Effectiveness | <input type="checkbox"/> Honor |
| <input type="checkbox"/> Certainty | <input type="checkbox"/> Efficiency | <input type="checkbox"/> Hope |
| <input type="checkbox"/> Challenge | <input type="checkbox"/> Empathy | <input type="checkbox"/> Humility |
| <input type="checkbox"/> Charity | <input type="checkbox"/> Empower | <input type="checkbox"/> Imagination |
| <input type="checkbox"/> Cleanliness | <input type="checkbox"/> Endurance | <input type="checkbox"/> Improvement |
| <input type="checkbox"/> Clarity | <input type="checkbox"/> Energy | <input type="checkbox"/> Independence |
| <input type="checkbox"/> Comfort | <input type="checkbox"/> Enjoyment | <input type="checkbox"/> Individuality |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Enthusiasm | <input type="checkbox"/> Innovation |
| <input type="checkbox"/> Common sense | <input type="checkbox"/> Equality | <input type="checkbox"/> Inspiring |
| <input type="checkbox"/> Communication | <input type="checkbox"/> Ethics | <input type="checkbox"/> Integrity |
| <input type="checkbox"/> Community | <input type="checkbox"/> Excellence | <input type="checkbox"/> Intelligence |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Experience | <input type="checkbox"/> Intensity |
| <input type="checkbox"/> Competence | <input type="checkbox"/> Exploration | <input type="checkbox"/> Intuitive |
| <input type="checkbox"/> Concentration | <input type="checkbox"/> Expression | <input type="checkbox"/> Irreverence |
| <input type="checkbox"/> Confidence | <input type="checkbox"/> Fairness | <input type="checkbox"/> Joy |
| <input type="checkbox"/> Connection | <input type="checkbox"/> Fame | <input type="checkbox"/> Justice |
| <input type="checkbox"/> Consciousness | <input type="checkbox"/> Family | <input type="checkbox"/> Kindness |

- | | | |
|--|---|---|
| <input type="checkbox"/> Knowledge | <input type="checkbox"/> Purpose | <input type="checkbox"/> Strength |
| <input type="checkbox"/> Lawful | <input type="checkbox"/> Quality | <input type="checkbox"/> Structure |
| <input type="checkbox"/> Leadership | <input type="checkbox"/> Reality | <input type="checkbox"/> Success |
| <input type="checkbox"/> Learning | <input type="checkbox"/> Reason | <input type="checkbox"/> Support |
| <input type="checkbox"/> Liberty | <input type="checkbox"/> Recognition | <input type="checkbox"/> Surprise |
| <input type="checkbox"/> Logic | <input type="checkbox"/> Recreation | <input type="checkbox"/> Sustainability |
| <input type="checkbox"/> Love | <input type="checkbox"/> Respect | <input type="checkbox"/> Talent |
| <input type="checkbox"/> Loyalty | <input type="checkbox"/> Responsibility | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Mastery | <input type="checkbox"/> Restraint | <input type="checkbox"/> Temperance |
| <input type="checkbox"/> Maturity | <input type="checkbox"/> Reverence | <input type="checkbox"/> Thorough |
| <input type="checkbox"/> Meaning | <input type="checkbox"/> Rigor | <input type="checkbox"/> Timeliness |
| <input type="checkbox"/> Moderation | <input type="checkbox"/> Risk | <input type="checkbox"/> Tolerance |
| <input type="checkbox"/> Morals | <input type="checkbox"/> Satisfaction | <input type="checkbox"/> Toughness |
| <input type="checkbox"/> Motivation | <input type="checkbox"/> Security | <input type="checkbox"/> Traditional |
| <input type="checkbox"/> Openness | <input type="checkbox"/> Selfless | <input type="checkbox"/> Tranquility |
| <input type="checkbox"/> Optimism | <input type="checkbox"/> Self-reliance | <input type="checkbox"/> Transparency |
| <input type="checkbox"/> Order | <input type="checkbox"/> Sensitivity | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Organization | <input type="checkbox"/> Serenity | <input type="checkbox"/> Trustworthy |
| <input type="checkbox"/> Originality | <input type="checkbox"/> Service | <input type="checkbox"/> Truth |
| <input type="checkbox"/> Passion | <input type="checkbox"/> Sharing | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Patience | <input type="checkbox"/> Significance | <input type="checkbox"/> Uniqueness |
| <input type="checkbox"/> Peace | <input type="checkbox"/> Silence | <input type="checkbox"/> Unity |
| <input type="checkbox"/> Performance | <input type="checkbox"/> Simplicity | <input type="checkbox"/> Valor |
| <input type="checkbox"/> Persistence | <input type="checkbox"/> Sincerity | <input type="checkbox"/> Victory |
| <input type="checkbox"/> Playfulness | <input type="checkbox"/> Skill | <input type="checkbox"/> Vigor |
| <input type="checkbox"/> Poise | <input type="checkbox"/> Solitude | <input type="checkbox"/> Vision |
| <input type="checkbox"/> Potential | <input type="checkbox"/> Spirit | <input type="checkbox"/> Vitality |
| <input type="checkbox"/> Power | <input type="checkbox"/> Spirituality | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Present | <input type="checkbox"/> Spontaneous | <input type="checkbox"/> Welcoming |
| <input type="checkbox"/> Productivity | <input type="checkbox"/> Stability | <input type="checkbox"/> Winning |
| <input type="checkbox"/> Professionalism | <input type="checkbox"/> Status | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Prosperity | <input type="checkbox"/> Stewardship | <input type="checkbox"/> Wonder |

What are your top 10 core values?

1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____
10. _____

Ways you are living according to your top 10 core values?

Ways you are NOT living according to your top 10 core values?

Challenges

List the major challenges you have overcome in your life.

1. _____ 2
- _____ 3.
- _____ 4. _
- _____
5. _____
6. _____
7. _____
8. _____

What can you teach or guide others through as a result of overcoming them?

1. _____ 2
- _____ 3.
- _____ 4. _
- _____
5. _____
6. _____
7. _____
8. _____

List the challenges you have yet to overcome in your life.

1. _____ 2
- _____ 3.
- _____ 4. _
- _____
5. _____
6. _____
7. _____
8. _____

In each case, what step(s) you can take to overcome the above challenges?

1. _____ 2
- . _____ 3.
- _____ 4. _
- _____
5. _____
6. _____
7. _____
8. _____

Give and Receive - Tonglen

Transformation Keys

Make a list of “wrongs” in your life and the world.

1.	_____	2
.	_____	3.
	_____	4.

5.	_____	
6.	_____	
7.	_____	
8.	_____	

If you already know the antidote to each one, write it here. (if not just write “antidote”)

1.	_____	2
.	_____	3.
	_____	4.

5.	_____	
6.	_____	
7.	_____	
8.	_____	

What you know now?

1.	_____	2
.	_____	3.
	_____	4.

5.	_____	
6.	_____	
7.	_____	
8.	_____	

Journey Archetypes - The Ego

The Child

Gold on Your Child Path

Yet to be Transformed into Gold on Your Child Path

The Rebel

Gold on Your Rebel Path

Yet to Be Transformed into Gold on Your Rebel Path

The Warrior

Gold on Your Warrior Path

Yet to Be Transformed into Gold on Your Warrior Path

The Nurturer

Gold on Your Nurturer Path

Yet to Be Transformed into Gold on Your Nurturer Path

Journey Archetypes: The Soul

The Lover

Gold on Your Lover Path

Yet to Be Transformed into Gold on Your Lover Path

The Hedonist

Gold on Your Hedonist Path

Yet to Be Transformed into Gold on Your Hedonist Path

Journey Archetypes: The Self

The King

Gold on Your King Path

Yet to Be Transformed into Gold on Your King Path

The Alchemist

Gold on Your Alchemist Path

Yet to Be Transformed into Gold on Your Alchemist Path

Common Gold Threads

Key and Additional Insights:

[illegible]

Action Steps:

Based on your Key Insights, what are 10 on-purpose things you would like to do? When will you do them by?

Action Step 1

By when: _____

Action Step 2

By when: _____

Action Step 3

By when: _____

Action Step 4

By when: _____

Action Step 5

By when: _____

Action Steps cont.

Action Step 6

By when: _____

Action Step 7

By when: _____

Action Step 8

By when: _____

Action Step 9

By when: _____

Action Step 10

By when: _____