

# **EMpowered Purpose Guide**

**Step one -look at your journey where have you been? what have you been through? what have you learned?**

**Step two- what where you like as a kid? what did you love to do? or what kind of energy did you have? Try to get clear here!**

**Step three- what are your shifting moments? Those moments where you felt like everything was falling apart. Write out any moments that brought you change**

# putting it all together!

**connecting the dots to uncovering  
your purpose.**

**Do you notice any re-occurring  
themes?**

**How can you take everything  
that has happened to use it for  
good?**

**Start to notice what you always do  
and how it makes you feel.**

**Start bringing in things you used  
to LOVE doing as a kid.**

**Lastly, Take a deep breath and remember  
you already have purpose. This is just  
about connecting to it.**