

WORKBOOK

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# FINDING A PURPOSE

## Module 3- Spiritual

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Best wishes,

Maryia Oayda

# INTRODUCTION

## FINDING A PURPOSE

### TO BE USED ONLINE & OFFLINE

Purpose creates our destination. It drives full engagement by prompting our desire to invest focused energy in a particular activity or goal. We become fully engaged only when we care deeply, when we feel that what we are doing really matters. Purpose is what lights us up, floats our boats, and feeds our souls.

Purpose is very powerful, and transformations occur only when you are able to shift your focus from filling deficits to cultivating deeper values and defining a vision for themselves.

The real measure of our lives may ultimately be in the small choices we make in each and every moment. We become whole only when we care deeply, when we feel that what we are doing really matters. The world is wild and insane. We are manipulated 24/7 by media, the government, economic climate, educational system, family system, our parents, and by many others aspects. All of those affect our values and beliefs.

I believe that the highest mission of every human is to understand those rules and live life knowing that rules out of the box. Life is a game. Once your mind clear and you understand this game, you will find your ultimate purpose. And our mission is to outsmart the game, play out of the box, and stay on our own lane.

Good luck!

## EXERCISE: FINDING A PURPOSE

On a scale of 1 to 10 answer the following three questions:

1. How excited are you to get to work in the morning?

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2. How much do you enjoy what you do for its own sake rather than for what it gets you?

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3. How accountable do you hold yourself to a deeply held set of values?

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## EXERCISE: FINDING A PURPOSE

My ultimate purpose: