

MAKE LIFE MORE FULFILLING

REALIZE AND  
WALK IN YOUR

LIFE

PURPOSE

AFFIRMATIONS  
&  
WORKSHEET

BY

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## AFFIRMATIONS

Keep your affirmations where you can read them as often as possible.

My purpose in life is being fulfilled.

- ✚ I know that my purpose is inherent. It is inside of me and is unique to me. I am the only one that can fulfill my purpose.
- ✚ I am genuinely appreciative of each step I can take in life. Even when the road is rocky, I remain thankful that I can walk on it. ***I know that my purpose in life is being fulfilled with each experience.***
- ✚ When I experience the harsh reality of suffering, I avoid turning a blind eye. I believe that things are brought to my attention for me to do something about them.
- ✚ My purpose is to help those whose plights are presented before me. I am meant to make a difference in as many lives as I can. Although I spend time working on personal goals, I am ordained to also focus on external challenges.
- ✚ ***Even though I have my plans, I accept that life comes with its own timing.*** Each delay I am faced with on the road towards a goal is designed to occur.
- ✚ There is a lesson for me to learn with each hiccup in life. The person I am today is a fraction of the person that life is preparing me to become. ***I accept each learning experience as an opportunity to develop my mission.***
- ✚ Today, I celebrate each day and its contribution to helping me fulfill my purpose. I face every situation with courage and openness. I am ready and willing to accept the blessings that come with every experience.
- ✚ I will ensure that my purpose in life is being fulfilled as I journey through life daily.



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## WORKSHEET

Finding your life purpose can radically change the course of your life for the better. You'll feel more focused, motivated, and fulfilled.

**Answer these questions to gain a clearer understanding of your life purpose.**

1. Have I been living my life purpose? If not, why not?

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2. What advantages would I enjoy if I knew the purpose of my life?

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3. If I'm hesitant to find my life purpose, why is that?

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4. Have I located at least three guided meditations on finding my life purpose?

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5. What is my end goal? How will things look when I live my purpose continuously for years?

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6. What can I do each day to move toward realizing my vision?

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7. How can I monetize my life purpose? Is it necessary?

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