



WHO YOU REALLY ARE

Your purpose and what matters most

1. What are the 4 main traits you most wish to see more of in humanity?
2. What makes you feel the most alive?
3. What kind of overall contribution would you love to be able to offer to the world, based on your own strengths, desires, & interests?

Ok great! Now here's what each of your answers mean:

1. **These 4 traits are who you need to LIVE as.**

You may feel like you are living by these qualities already, but stick with me here! You listed these things for a reason: This is the change you most wish to see in the world -- and within yourself. Think about these 4 things and get really honest. Where in your life are you not fully practicing and applying these qualities? (This also applies to how you treat *yourself!*) People often list "compassion" or "empathy". Where in your life (inside or out) could you have more of this? Towards yourself? Towards others? Towards a situation? It's important to think outside the box about how you could use these qualities towards problems you're dealing with. Most often it starts with who we're allowing ourselves to be.

2. **These things are what you need to SEEK more of.**

Adults can easily fall into the habit of neglecting our own flow, joy, connection, and wonder. It might currently feel impossible to do some of those things more frequently, but I want you to think about the **essence** of each thing. *Why* does it make you feel alive? *Why* does exploring exotic places make you feel so alive? Is it the discovery of something new? Of getting lost and finding your way? Of being away from the boring and familiar? THAT is what really matters. Get creative and prioritize seeking more of that *essence* in any way you currently can. It's not just about feeling good. It's about opening up your potential. This is how you're going to meet the right people, find the coolest opportunities, and discover something wonderful that you've never expected.

3. **This purpose is what you need to FOCUS everything towards**

This is who you most want to be and what you want to give to the world. Let this become the big picture, the meaning you give to every action you do -- no matter how mundane - and to see deep purpose in each step taken outside your comfort zone. We have to be the ones who are creating meaning in our lives, and staying focused on what really matters to us. When we practice living in this way, we no longer have to struggle to use so much willpower to get through our lives. Instead, we will be using our *inner power* which is infinitely more sustainable, productive, and live-giving.



My Purpose & What Matters Most:

I need to LIVE as someone who is:

I need to SEEK out:

I need to FOCUS all I do towards:

