

A woman with dark skin is shown in profile, looking thoughtful with her hand to her chin. She is wearing a white top. In the background, there is a large, green succulent plant with small, reddish-brown leaves. The overall scene is bright and airy.

Workbook

**ARE YOU LIVING
YOUR LIFE WITH
PASSION AND
PURPOSE?**

[mindbodylifesoul](http://mindbodylifesoul.com)

WORKBOOK

Well hello and welcome!

Seems like you're considering how you could start to live your life with more passion and purpose.

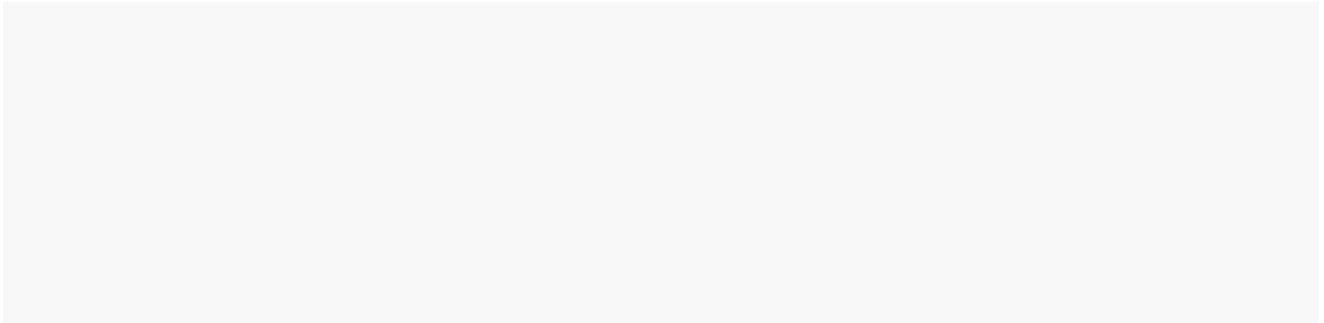
Well you've come to the right place.

Here are some questions for you to consider which will help point you in the right direction.

So grab yourself a cuppa, find a quiet space and give yourself about **20-30 minutes** to consider these questions.

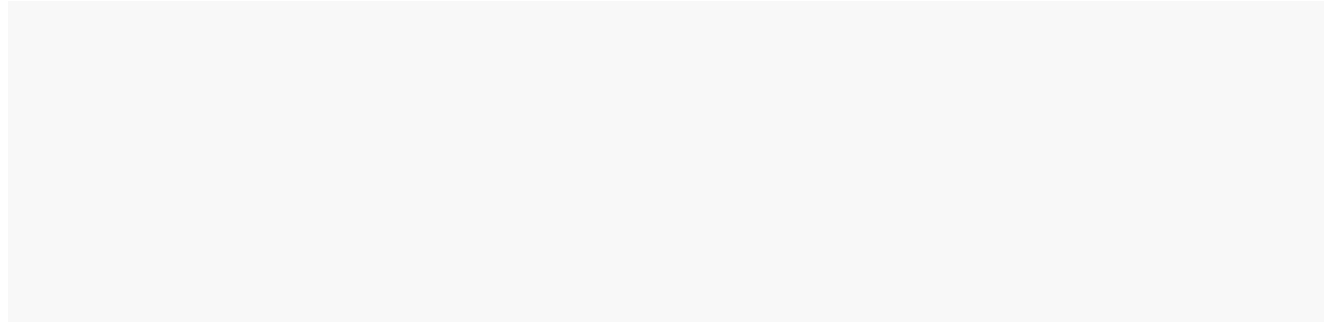
And be honest with yourself. That way you'll get the most useful and possibly surprising insights.

1: DO YOU HAVE A PERSONAL VISION STATEMENT? IF SO, WHAT IS IT?

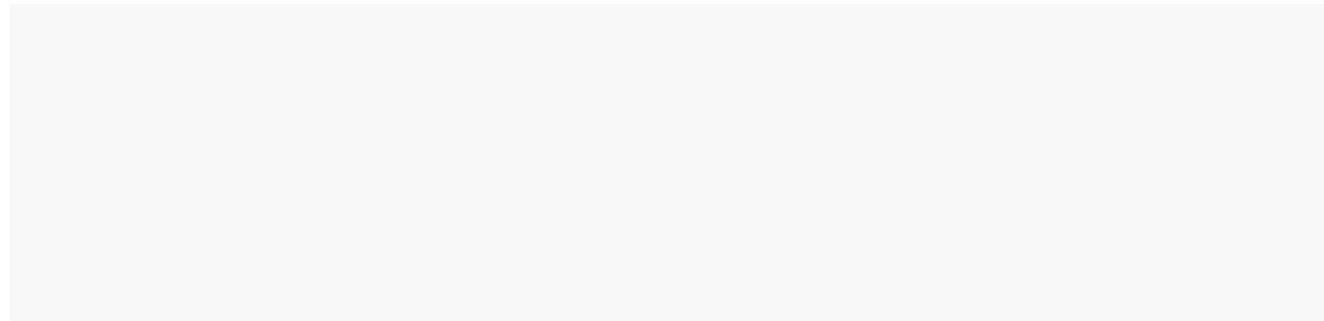


Don't worry if you haven't already got one. This [post](#) will guide you through creating your very own [personal vision statement](#).

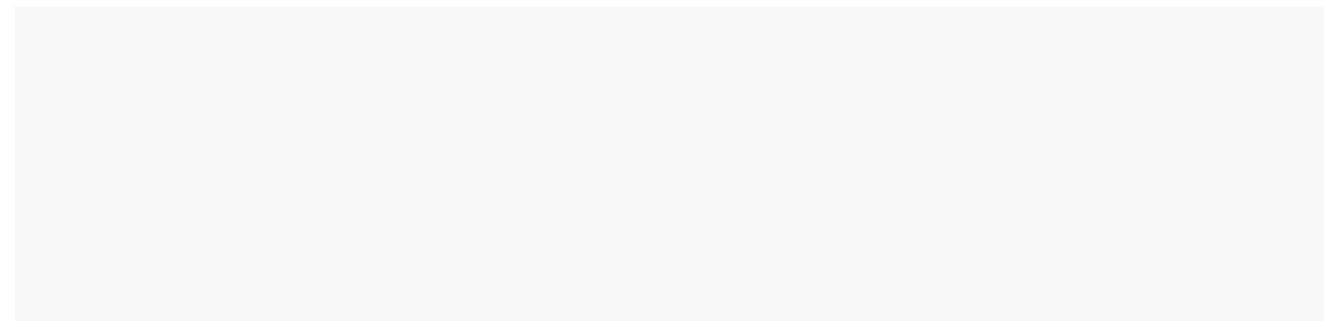
2: WHAT WOULD YOU LIKE MOST? MONEY, FAME, PEACE OF MIND...?



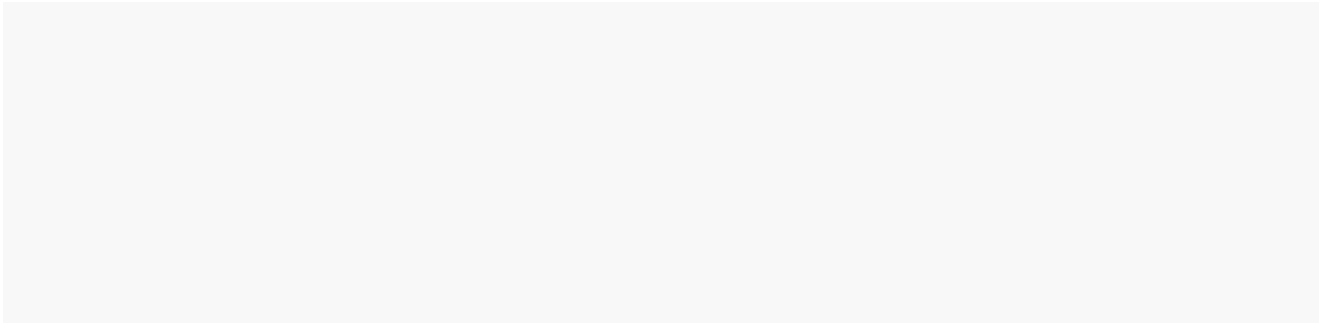
3: WHAT ARE YOU NATURALLY GOOD AT?



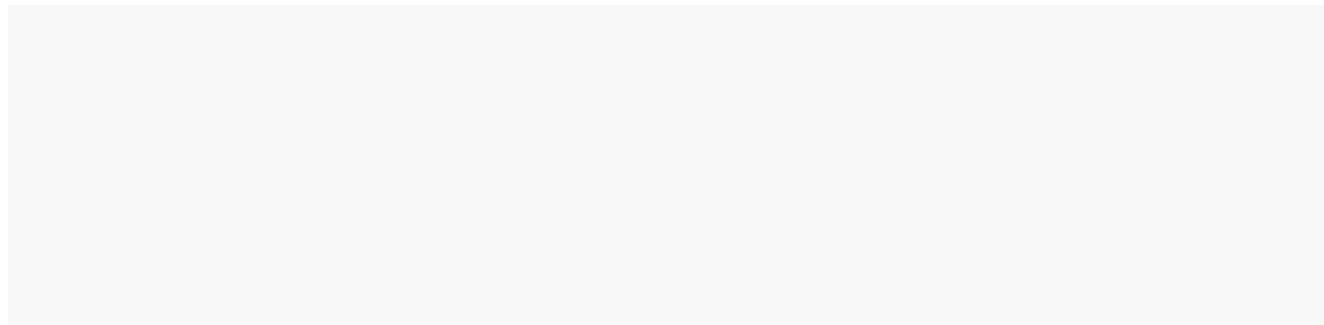
4: IF YOU COULD TEACH ONE THING, WHAT WOULD IT BE?



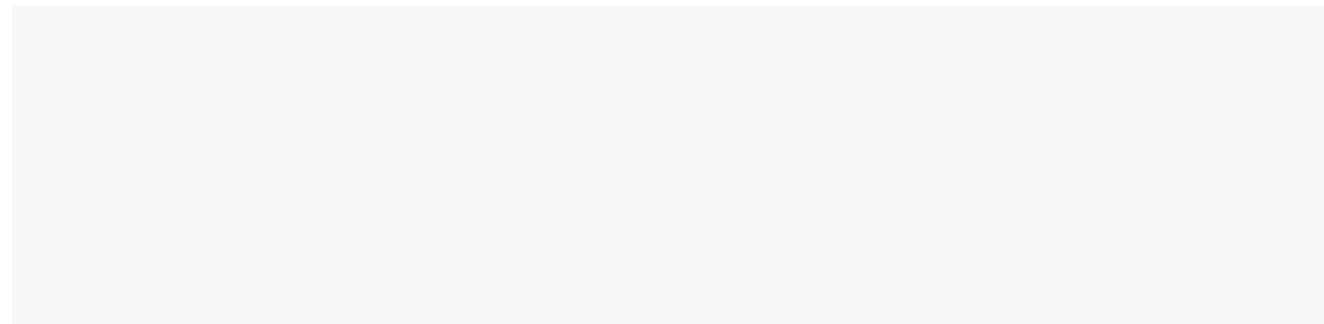
5: WHAT MAKES YOU LOSE TRACK OF TIME?



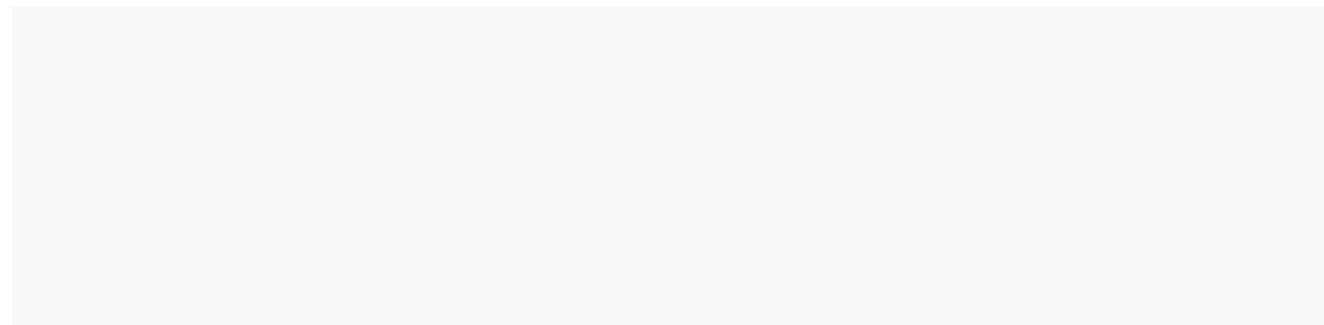
6: WHEN DO YOU FEEL MOST LIKE 'YOURSELF'?



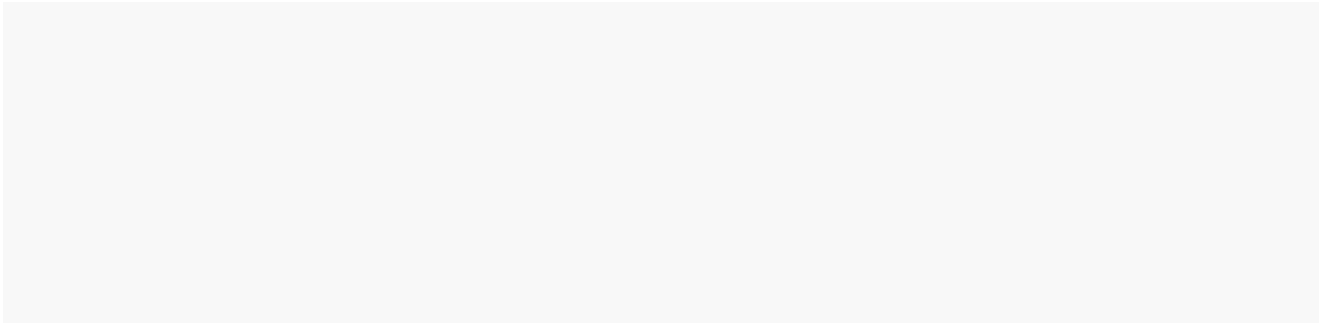
7: WHAT ARE THE THINGS THAT ARE REALLY IMPORTANT TO YOU, I.E. YOUR GOALS AND VALUES?



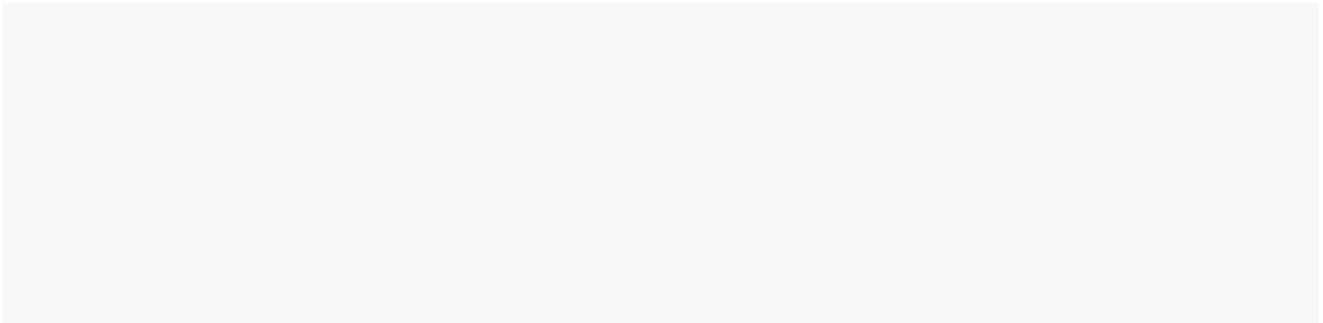
8: IF MONEY WERE NO OBJECT, WHAT WOULD YOU DO?



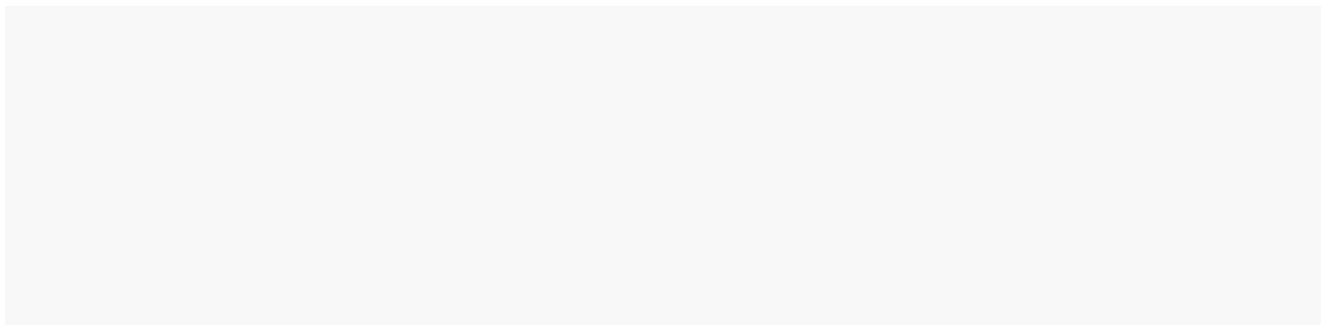
9: WHAT WOULD YOU LOVE TO DO EVEN IF IT PAID NOTHING?



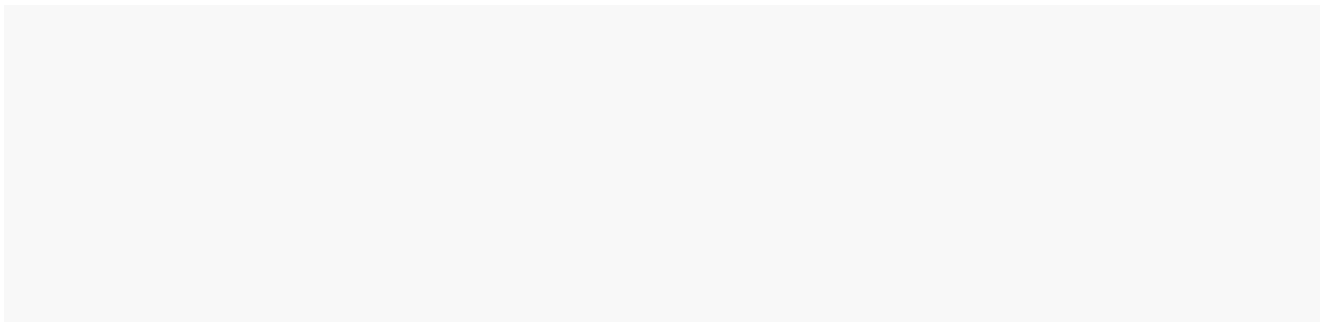
10: IF YOU KNEW YOU COULDN'T FAIL, WHAT WOULD YOU DO?



11: HOW COULD YOU GET PAID FOR DOING WHAT YOU LOVE?



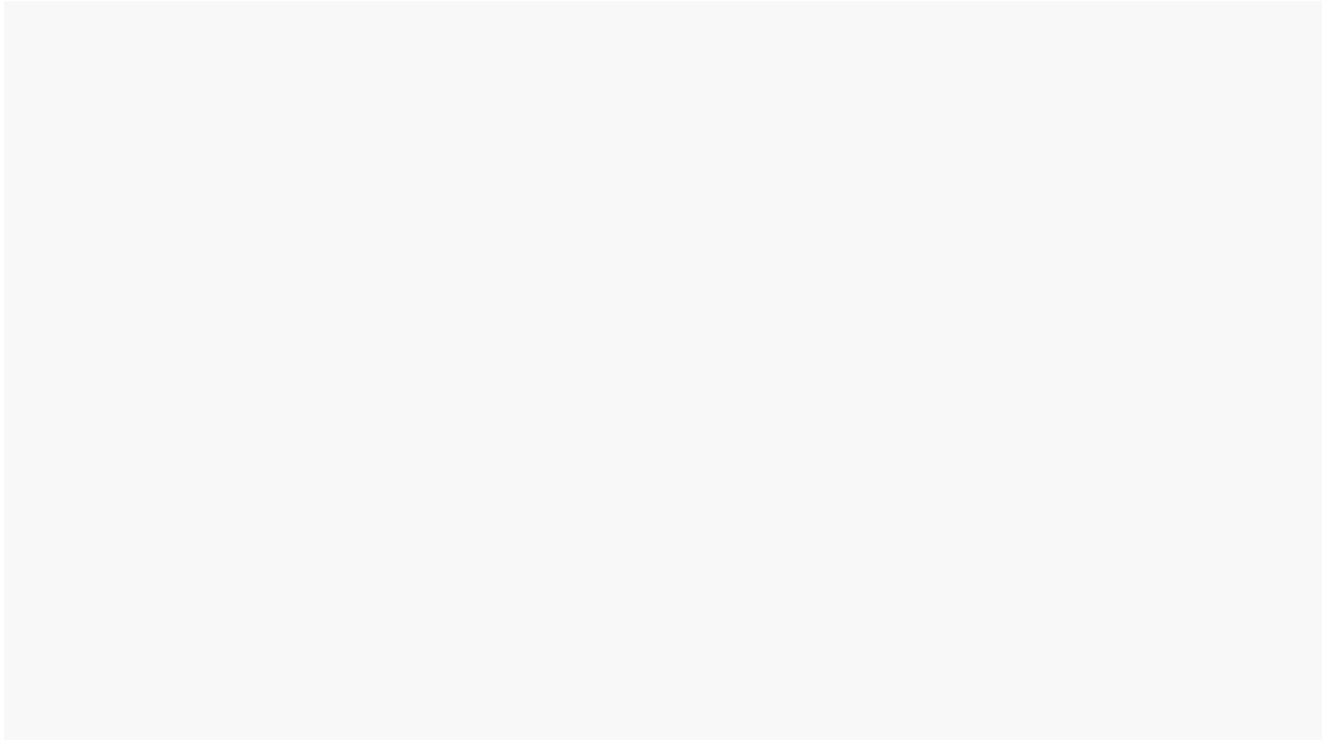
12: WHAT WOULD YOU REGRET NOT FULLY DOING, BEING OR HAVING IN YOUR LIFE?



13: DESCRIBE YOUR PERFECT DAY



14: IMAGINE YOURSELF AT THE AGE OF 90, WHAT ARE THE THINGS YOU LOOK BACK ON WITH LOVE AND PRIDE? WOULD YOU HAVE DONE ANYTHING DIFFERENTLY? IF SO, WHAT?



THIS IS JUST THE BEGINNING...

I'm Jules Haughey, a Life and Business coach helping women in their personal growth and life transformation, empowering you to rediscover happiness and fulfilment in your work and gain balance in your life.

I help you evaluate your life as it is now, design how you envision your dream life then put realistic plans in place to achieve the goal of living life with passion and purpose.

Find lots more tools online...

www.mindbodylifesoul.com

