

Live Your Vision!™

Discover Your
Life Purpose
in One Hour

With Kathleen E. Sims, C.R.C., C.H.T.

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Formula for Discovering Your Life Purpose

By Kathleen E. Sims, C.R.C., C.H.T.

Our Life Purpose statement answers the question **“Why am I here?”**

When you have crafted the ideal Life Purpose, you will feel very empowered when you read or say it. Do this in any situation that you find yourself, realigning your thoughts, words and deeds to your Life Purpose. This can immediately shift any situation, and inspire you to create more meaningful experiences in your life.

On the following page, you will find a Worksheet to assist you with Discovering Your Life Purpose.

Step 1 – “Be”

In the “BE” section, list up to 10 qualities or innate characteristics of who you are/your Authentic Self - characteristics that you already possess and like about yourself, and would like to express more fully in your Life.

Step 2 – “Do”

In the “DO” section, list up to 10 behaviors that you demonstrate when expressing the qualities of your Authentic Self.

Step 3 – “Have”

In the “HAVE” section, create several descriptive phrases or sentences that reflect what an ideal world would be like. Be sure to include in this section some Intrinsic Values (deep feelings).

The last section is designed to help you integrate the most essential words and phrases in a way that is comprehensive and meaningful to YOU.

Each section gives you brief examples to ignite your own inspired descriptions.

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Take your time and Revise as you go.

With the first draft, you may find that the statement is really long with an abundance of words and might not feel like 'it'. This is OK. Spend time with your Life Purpose, honing down the words by choosing the ones that speak most to your heart. You may find several words that are somewhat alike in their meaning. In this case, select a word that encompasses the overall meaning, collapsing words into each other that have similar meaning and choosing the one that uplifts you the most.

It is not a logical editing process. Notice what each word evokes for you. Then, choose the one that is most uplifting for you. This actually causes you to process all the words through your entire Being. It also programs into you that the chosen word has integrated the other words into it, bringing it all to life in you.

When you have it honed down, it will be almost like a slogan or mantra...something that is easy to remember, easy to say and evokes good feelings when you recall it or say it.

There are no wrong answers in this exercise. The goal is to work with your Life Purpose until it feels just right for you. This may take days, weeks, or even months. However long it takes, it will be worth the effort when it rolls off your tongue and resonates in your whole Being -- you feel great, inspired and peaceful.

Feel free to call for coaching assistance and personal guidance if you need it!

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Life Purpose Worksheet

BE (innate qualities and traits of your Authentic Self, i.e. happy, open, positive, honest, authentic, joyful)

DO (behaviors, i.e. inspire, empower, love, support, share)

HAVE (an ideal world, i.e. living in a world of peace, joy, love, fulfillment)

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First Draft of Life Purpose:

Choose 2 most important words in the top section to put in the first space below. Then write 2 of your favorites from the second section in the next space. Last add 2 or 3 of the most inspiring descriptions of an Ideal World.

My purpose in life is to be _____ while I
_____, co-creating a world that is
_____.

Example: My purpose in life is to be open and authentic while I inspire and empower others, co-creating a world filled with peace, joy, love and fulfillment.

Purpose and Vision Worksheet

By Kathleen Sims, C.R.C., C.H.T.

Step 1 – Life Purpose:

Life Purpose goes in the first box on the top, and is the highest thought, the fastest vibration. It is the Context to live from in every area of your Life.

Step 2 – Purpose for each important area of your Life – for example:

Life Work, Love Relationship, Family Relationship, Spiritual, Environment, Well Being, Fun, etc.

Step 3 – Vision:

Create a Vision by describing each area as if it were present now, first person, and in present tense. What is the ideal picture – how does it look, what activities are going on, and how does it feel.

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Life Purpose

Purpose	Purpose	Purpose	Purpose	Purpose	Purpose
Vision	Vision	Vision	Vision	Vision	Vision

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Kathleen Sims C.H.T.,C.R.C., is Founder of 'The Sanctuary' - and the 'Center for Conscious Relationship - *Creating Lasting Love and On Purpose Living*, providing a variety of modalities to empower accelerated results from "On High": Counseling, Soul Therapy, Spiritual/Cellular Healing, Eye Movement Integration Therapy, Brainspotting, Transpersonal Hypnotherapy, Coaching and Personal Mastery Workshops.

Kathleen is widely respected for the integrity and deep wisdom of her work, the accuracy of her perceptions and guidance, along with clarity in teaching esoteric Principles, and practicality and usefulness of the Processes and Tools she shares. As an empowerment specialist, relationship coach and healer, her work promotes the art and science of Manifesting Your Soulmate, Conscious Loving, and living a Soul-directed, On Purpose Life.



Kathleen has been featured on Success Panels, Blog Talk Radio, and a featured Guest Speaker many times on the Empowerment Channel of Voice America. She has hosted 'The New You' Radio Show, and been a guest on several television Talk Shows. A rich and in-depth background of 35 years as a motivational speaker, counselor, and creator/teacher of the transformational weekend workshops, Live Your Vision, Manifest Your Soulmate, and Empowerment. Kathleen is a Master at revealing the relevancy and power of applying the Highest Spiritual Principles and Universal Laws to everyday living.

The #1 best selling books she has co-authored with Wayne Dyer, Brian Tracey, Marie Diamond and others, are available on her website: www.kathleenthelovecoach.com

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