



Your purpose

A collection of exercises for personal growth and self-discovery to help you find your life's purpose and make a positive impact on the world.

Reflections on my journey



"Journaling is a deeply personal and enriching practice. It allows me to connect with myself, foster personal growth and embrace my creative expression. I highly recommend giving it a try!"



Objective: This exercise helps facilitate self-discovery, personal growth, and a deeper understanding of oneself. It is a flexible and adaptable practice that can be tailored to suit individual needs, making it a powerful tool for personal development and well-being. Allow yourself to thoughtfully reflect on each question before writing a response.

What might make our world a better place?

How do you feel called to make our world a better place?



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Where do you think your strengths, values and interests could make the most impact?

Where do you see yourself finding the most joy in making a difference?

Jot down any additional thoughts or notes