

EXPLORING YOUR PASSION & PURPOSE

Your playbook for
**EXPLORING
WHO YOU ARE
&
WHY YOU ARE HERE**

A gift for you from
Soul Coach and Energy Healer


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"You want what you want because you
know it's possible. If it wasn't, you wouldn't.

This is powerful. Embrace it. For whatever
else you believe or don't believe, this belief
alone can take you the distance.

And what you want wants you.

The Universe

Dreams don't come that can't be won."

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Introduction

Almost every man, woman and child wants to belong, to have the feeling that they make a difference, that we will make a difference for having been here on earth.

Most of us have no clue what we are here for or what we really want to do with our lives. We go to school (or not), get a job, have a yearning for a partner and some adventure. Some people might find a focus like religion, family, work or hobbies to give them a bit more direction.

But almost everyone at some point in their lives asks, “So what am I really here for? What is life about? Is there really a purpose for my being here? What can I do to feel happy and that my life has meaning?”

The truth is, you already have the answers inside, but they are covered up by what you think you SHOULD be doing (feeding starving children) or how it SHOULD look (reviews of your work in the New York Times) or who your mother told you that you SHOULD be (a doctor or lawyer making lots of money).

No matter how old you are, if you are asking those questions and finding yourself in the hinterlands with no answer in sight, there is no time like the present to start some serious exploring.

This is probably not the first exploration you have done to tease the Universe into telling you how to be happy and what you are here for. This playbook is set up to poke and prod you in many different ways, to scare up some of those feelings and longings that may have gone underground in the pursuit of the future and an elusive state of contentment and the finish line labelled “You Have Arrived.”

I will warn you now, however, that you may, nay, probably will, find more than one answer, or an answer with many facets. Your purpose will probably not be a goal or anything so clear cut that you can ever finish, but more defined by a state of being and guide to action.

Passion and purpose are intertwined, and feed each other with emotion and intensity. When you are getting close to your answer, you will get excited and whole new ideas and understandings will open up for you. You will see connections you were not aware of before. And when you are moved to tears, you know you have found home — that light and understanding that has been with you from the beginning, why you are here, what you are doing, and how you belong.

How to use the Passion and Purpose Exploration Tools

To get the most out of this set of tools — the meditation download and the writing prompts here in the Playbook— give yourself time to listen to the eight minute guided meditation to clear away limiting beliefs and resistance that is keeping your answers hidden and lost.

The format of the playbook invites you to journal. Pull a copy onto your desktop. Print out a copy and write on the pages, or use a paged journal to record your musings and discoveries. Recording your answers for later reflection can provide deeper insights and allow you to see patterns of revelation and understanding or resistance and beliefs that may be thwarting your exploration.

You may begin anywhere in the Playbook — the prompts were chosen to elicit introspection and self-examination on many levels, from multiple modes of thinking. Sometimes, going back over the exercises and redoing them a second time or more will bring a new level of response and insight.

And, last of all, this a playbook, not a workbook.

Let yourself dream, explore, play.

Have fun!

Let's begin at the beginning.

When you were a child:

What were your favorite fantasy games? Favorite characters?

If you played dress up with siblings or friends, who did you always want to be?

What were your favorite books, movies, stories?

Who did you always know you would be when you grew up?

What would you like to go back and tell your young self?

What did you always know you would do someday? Have you done it?

If you could go back and design your childhood to be perfect, how would it look? What would be different?

Who was the most positively influential person in your life as you were growing up? What would you like them to know now about how they influenced or inspired you?

What did you always talk about?

What were your favorite environments to play in—outdoors or indoors? Why?

What did you daydream about as a child?

Did you have ideas of how your life was going to be? If so—what were the stories you told yourself?

Who were your she-roes and heroes, and why?

You are going back to your childhood to relive one day—describe that day and what happened.

Next, the standard questions you always see in a discussion like this.

If you had the perfect life, what would it look like?

If you could spend all your time doing anything you wanted to, with no worries about money or obligations, what would you do?

What would you do if you could not fail?

What is your favorite way to create?

What is your biggest dream?

What do like to do so much that you forget to eat or sleep?

Who would you like to have dinner with—real or imaginary—and what would you like to talk with them about?

Whose life do you envy and why?

What are you most proud of in your life?

What brings you the most joy right now, really makes you come alive?

If you knew you were going to die in a year, what would you make sure to do with the time left?

How do you want people to remember you when you are gone?

What is the legacy you would like to leave the world?

What do you admire most in other people?

What do you wish you would have done or had by now?

And some not so usual questions.

In your eyes, what is a miracle? What does it look like, how does it show up?

If you were a Guardian Angel, what would you make sure you always did for people?

What would give you more courage?

What would you like to study and learn thoroughly?

How are you weird?

What are two interesting facts about you that you wish people knew?

What are you really good at, but shy for people to know about?

What is the best thing you have ever thought of?

What do you regret not doing?

What is your best (and your favorite) personality trait?

What is something positive, that if you experienced it, you would be changed forever?

What do you totally take for granted?

What makes you feel wildly alive?

What are you most grateful for?

What have you done that you never thought you could do?

What do you want to do that you never thought you could do?

What do you know would heal the world?

If you could have one wish come true, it would be.....

Getting clarity on your purpose and passion is a journey that is never really complete. Let your intuition help guide you. Pay attention to the sensations in your body, watch the emotions that arise as you contemplate the questions. Your body will tell you when you are getting near the truth, and if you feel like crying , you have found the heart of why you are here on this earth, at this time, to bring light and understanding to the world as only you can.

Many clients find their way to me in the midst of their own journeys while learning to connect with what feeds their passion and finding the best expression of their soul's unique gifts in the world. If there is any way I can assist you in finding your way back to deep soul connection, heart-lifting inspiration and confident exploration on your journey, I am a phone call or email away and I would love to talk with you.

I leave you with Love and Blessings.

Robin

A gifted intuitive, healer and medium, ROBIN ANN REID has worked in the corporate world and the world of divination and brings a down to earth approach to the unseen. Robin facilitates healing at the soul level for women to create big shifts with stubborn life issues, access their own guidance and inner wisdom to create the passionate lives they long for. She has offices in Spring Green and Madison Wisconsin.



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