

Path to Purpose

Journaling and Meditation Guide

🌟Welcome to Path to Purpose🌟

Hello Beautiful Soul – I'm so glad you're here. This guide is a gift to help you reconnect with yourself, reflect deeply, and start walking more intentionally toward your purpose. Whether you're feeling stuck, seeking clarity, or simply ready for a new chapter, this journaling and meditation guide will help you slow down, tune in, and remember what lights you up. You don't need to have all the answers—just a willingness to explore what's already within you.

✍️ How to Use This Guide ✍️

This guide is designed to help you reconnect with your inner self and walk more intentionally toward your life's purpose. It's not about having all the answers—it's about creating space to *listen*, *feel*, and *remember* who you truly are.

🌟 Daily Practice (5-10 minutes)

1. **Get still.**

Begin each session with the short *Purpose-Centered Meditation* included in this guide. Let your breath ground you and connect you to your inner knowing.

2. **Reflect.**

Choose one journaling prompt. There's no need to overthink—just write freely. Let your heart lead the way.

3. Affirm.

Read or repeat one mantra from the list. Speak it aloud, write it down, or carry it with you throughout the day as a reminder of your truth.

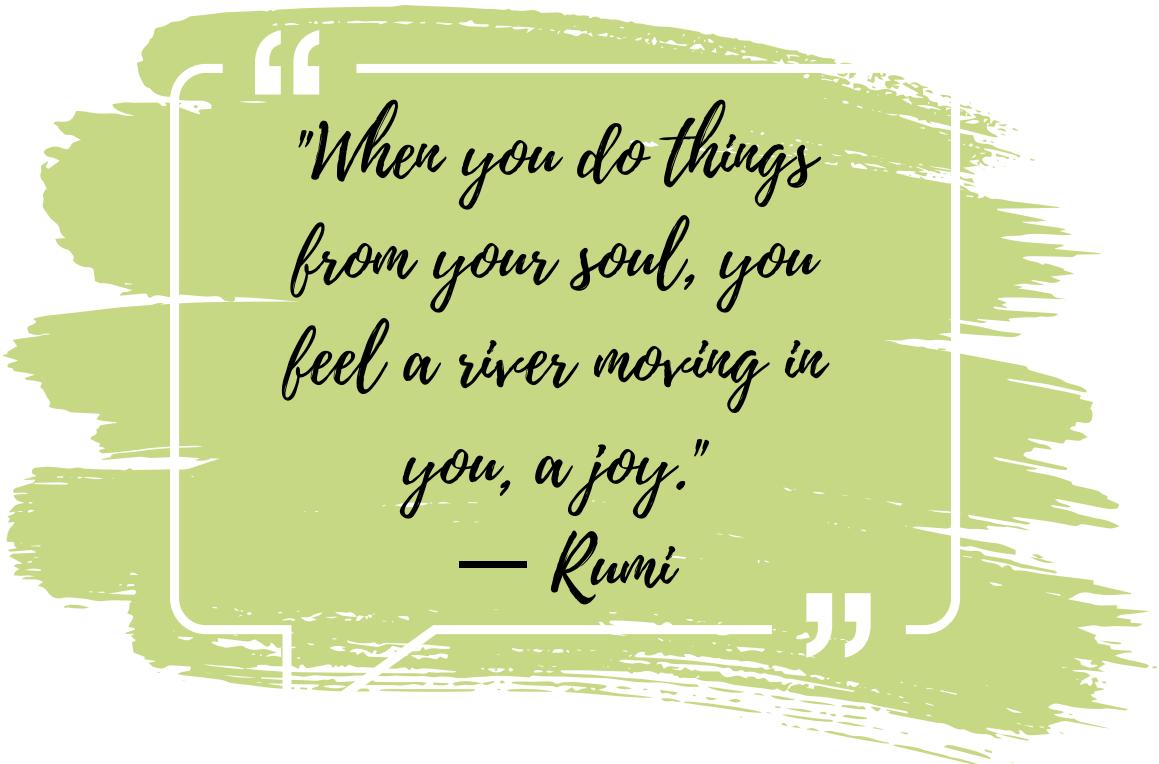
 **Tip:** Use a journal you love and write out your answers. This is your sacred space—be honest, be curious, and most of all, be kind to yourself.

Path to Purpose

Journaling and Meditation Guide

The Journey Within

There's no one-size-fits-all purpose. Your path is yours alone—shaped by your values, your experiences, and your dreams. This guide is an invitation to listen to your inner voice, the one that knows what lights you up.

“
*When you do things
from your soul, you
feel a river moving in
you, a joy.*”

— Rumi

Stillness & Soul: A Purpose-Centered Meditation



"Your purpose isn't out there—it's already within you." — Rumi

As you reflect on your purpose, it's important to get out of your head and back into your body. This short meditation will help you connect with your inner guidance—the part of you that already knows what matters most.

 Guided Meditation: Coming Home to Yourself (5-10 minutes)

Find a quiet space. Sit or lie down comfortably. Close your eyes. Breathe deeply. If you like, you can play peaceful/meditation music.

1. **Inhale deeply through your nose** – feel your chest rise.
Exhale slowly through your mouth – feel your body soften.

2. **Bring your awareness to your heart.**

Place a hand there, and imagine a warm light glowing in your chest.

3. **Ask silently:**

"What am I here to bring into the world?"

"What would bring me happiness if I chose to follow it?"

4. **Take a few deep breaths** – Release any pent up stress in your body. Repeat silently:
"I am open. I am ready. I trust the way forward."

5. **Sit in silence for a few minutes.**

Let your breath anchor you. You don't need answers—just presence.

6. **When you feel ready, slowly open your eyes.**

Write down anything that surfaced—words, images, feelings, or anything at all. All is welcome.

Path to Purpose

Journaling and Meditation Guide

Journal Prompts

Use one prompt per-day, or follow your own pace.

- What activities make me lose track of time?
- What did I love doing as a child, before the world told me who to be?
- What would I do if I wasn't afraid of failing?
- Who in my life inspires me, and what about them speaks to my soul?
- What life lessons have shaped me the most?
- When do I feel most alive, present, or "in flow"?
- What is trying to unfold within me?
- What does 'living on purpose' mean to me?
- What fear do I need to face in order to live more freely?
- What does my future self look like, how do I act?
- What qualities/values are important to me?
- What am I ready to release so I can step into alignment?
- If I could spend my life contributing to one cause, what would it be?
- What do others often seek my advice or help with?

Path to Purpose

Journaling and Meditation Guide

☀️Daily Mantras☀️



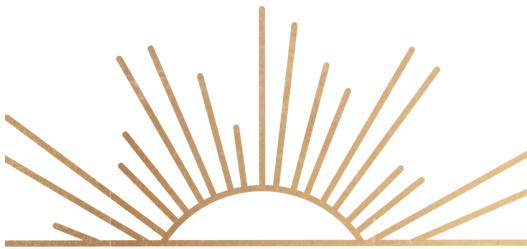
Repeat or write one of these each day. Let them ground and empower you!

- I am open to discovering my true path.
- Clarity comes when I slow down and listen.
- Everything I need is already within me.
- I trust the unfolding of my journey.
- My purpose is rooted in who I am, not just what I do.
- I am here for a reason, and I choose to live with intention.
- I own my story and claim my power.

- Every Experience brings me closer to who I really am.
- My voice matters and my presence makes a difference.
- I am brave enough to begin, even without all the answers.
- I choose progress over perfection.
- I am exactly where I need to be.
- My journey is unfolding in divine order.
- I am enough, just as I am.
- My dreams are valid and within reach.

Path to Purpose

Journaling and Meditation Guide



Final Reflection & Next Steps

As you move through these reflections, notice what themes arise. What are you drawn to? What do you feel ready to explore more deeply?

If this guide sparked something in you, I invite you to go deeper.

 www.Inspira-soul.com

 Inspira-Soul@outlook.com

 Follow me on Tiktok [@inspirasoul.inspirasoul](https://www.tiktok.com/@inspirasoul.inspirasoul)

 Follow me on Youtube [@Inspira-Soul](https://www.youtube.com/@Inspira-Soul)

 Want 1:1 support? Book a discovery call with me <https://www.inspira-soul.com/coaching>.

Keep going. You're on your way.

With purpose,

Vivian Victoria 

Life Purpose Coach

