

My Purpose, My Story



Let's explore a recent cycle that happened in your life. Starting with the "Change Event," list what changes happened in your life. This event will help you to recognize and better describe the other times in your life when you were in a Plateau, In between, Reflecting or Taking Action.

Comfort Zone... _____

Change Event... _____

In Between... _____

Reflection... _____

Action... _____

*Reflection: What did you discover during the cycle? A new gift? Passion? Values?

