

Meditation Reflection



With
Christa Janine

WWW.CHRISTAJANINEFIT.COM

JOURNAL PROMPTS

LIVE ON PURPOSE

POINTS OF REFLECTION

Reflection: Spend 30 minutes to an hour exploring your purpose

REFLECTION 1: Identify moments when you have felt as though you were in alignment with your purpose.

REFLECTION 2: Reflect on why these moments made you feel as though THIS was your purpose.

REFLECTION 3: Have you ever felt like you were avoiding your purpose, but you continued to receive opportunities in that area of your life?

REFLECTION 4: If you could completely live in alignment with your purpose describe in detail what your life would look like and how your purpose would improve the world.

REFLECTION 5: Write a letter to yourself dated 10 years from now. In this letter share all the things you've accomplished in your over the past decade in relation to what you believe to be your life's purpose. Allow these accomplishments to be larger than life. Don't limit yourself to reason or logic. Write literally everything that comes to your mind that you'd like to achieve during this time frame.