

Get a Life! – Finding your true purpose



Lisa Whitehead

Get a Life!

Welcome to the **Get a Life!** Free “Finding your true purpose” workbook.

Congratulations!

You have taken the first step to uncovering your hearts song, your reason for being, and your true purpose!

This work book contains simple exercises to help you, to start to uncover who you are at heart and will begin to enable you to connect with your true purpose.

All too often we are far too busy to afford ourselves the time to really stop and explore the limitless possibilities that lie within us, all of the magical potential that remains untapped. But the answers are all there, right inside of us, waiting to be discovered.

So if you've found yourself reading this work book, then it will be no accident! Synchronicity may well be at work, so make the most of it.....by spending just a few moments of your day today, you could begin to unlock something amazing.... you could begin the journey of finding your true purpose!

I'd love to hear your thoughts and feelings after completing the exercises, so please do share!

Let the magical journey begin!

If you enjoy this small insight into the Get a Life! Programme, you can find details of our latest workshop dates on our website: www.getalife-uk.co.uk

With warmest wishes,

Make every moment count,

Lisa x



“Everything in the universe has a purpose. Indeed, the invisible intelligence that flows through everything in a purposeful fashion is also flowing through you.” - Wayne Dyer

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Finding your true purpose.

Exercise -Return to childhood wonder.

In this exercise we're going to re-discover the clues of your true purpose, from your childhood.

The time before we got side tracked with school/ college/university/work, before we got distracted by others dreams/wishes/desires and directions. Before we allowed our emotional rucksack to be filled with limiting beliefs that we now carry around with us.

Take yourself back there now..... re-discover the magic..... and ask yourself:



What were my favourite toys/games/pastimes as a small child?

Now capture what comes to mind

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Now take a few moments to connect back with that time, really get into the feelings of playing, being, experiencing the simple joy of that time.

- What do you notice?
- What clues does it give of your true purpose?
- Of what's important to you?
- Of who you are at heart?



I'll give you my example:

My favourite toys were:

- Dolls such as Barbie and Pippa.
- Fuzzy felt, countryside/ farm editions.
- Chalking on pavements
- Playing in nature.

And here are the clues to who I am at heart and my purpose:

My dolls were always nude – In workshops this has always bought a giggle to the group, as I always say I wondered if my purpose was about removing my clothes! But no, for me the meaning was in removing trappings, removing the mask, and truly seeing people as they really are, without materialistic packaging, who they are at their very heart and soul. Connecting with people at a soul level.

With the fuzzy felt I always created landscapes, out into the distance, stretching out to the horizon. The pictures contained the whole and all the individual creatures within it. There was always sun in my pictures. This was a clue to my purpose as a visionary, helping people to see both the bigger picture, all that is, the interconnectedness of the whole, whilst also seeing the beauty of the detail

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and their part in the greater whole. The sun, representing my positive, centre stage , high energy purpose.

Chalking on pavements- I always created beautiful swirling patterns and pictures, movement and connection, colour and imagination. But as it was in chalk it was always transient, moving, changing and never fixed.

Playing in nature – loving again the vastness of it, connecting with both the beauty of the whole, and the detail. Not feeling separate from it, but part of it. Making mud pies; adding water to earth to make mud, thus creating something new, by connecting and transforming, by changing the form of something allowing and facilitating it to become something different.

Now, see if you can relate your examples to who you are at heart and to your purpose:

- What can you learn from your examples?



From your examples:

How does your current life reflect who you are at heart and your true purpose?

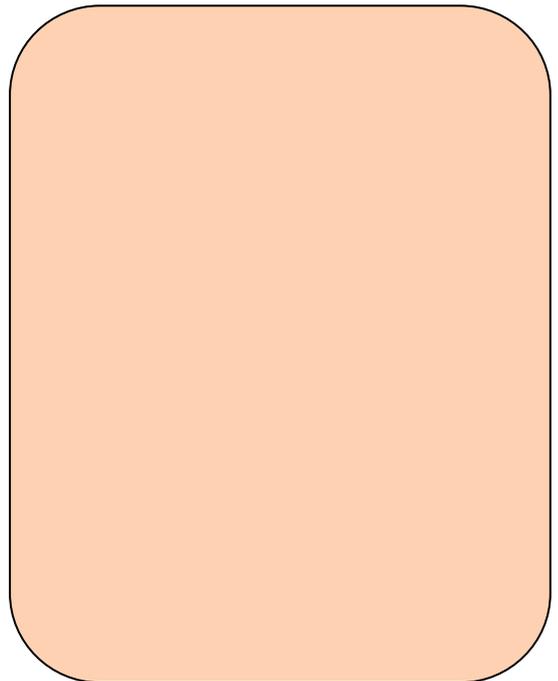
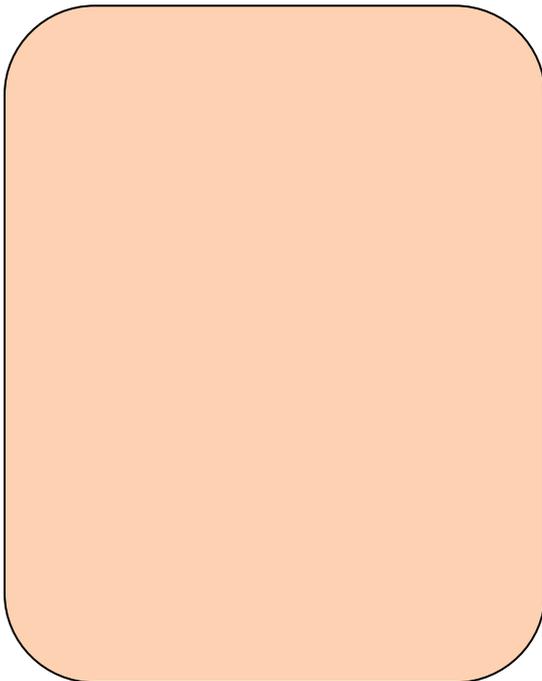


Now considering your answers above:

What do you need to be focussing your energy on to be more on purpose?

"Where focus goes, energy flows"

"When I let go of what I am, I become what I might be."



Well done! You have taken the first step to finding your true purpose!

What next?

If you would like to experience a real shift toward finding your true purpose, visit the **Get a Life!** Website www.getalife-uk.co.uk where you will find further information on our life transforming workshops, insights from our blog and details of how to sign up for our monthly newsletter.

The **Get a Life!** Guidebook will also soon be available.