

How do I figure out my purpose (dharma)?

WHO AM I?

Set a timer for 10-15min. Take a deep breath. Dive in.

1. I am _____ . (name/nicknames)
2. I am a _____ . (roles/titles)
3. I am also a _____ .
4. I am naturally good at _____ .
5. I am happiest when _____ .
6. I am someone who loves to _____ .
7. I am strongest when _____ .
8. I am brave because _____ .
9. I am proud of myself for _____ .
10. I am worthy of _____ .
11. I am a survivor of _____ .
12. I am the kind of person who _____ .
13. I am struggling with _____ .
14. I am sad when _____ .
15. I am scared when _____ .
16. I am someone who doesn't like _____ .
17. I am not in harmony with my true self when _____ .
18. I am avoiding _____ .
19. I am grateful for _____ .
20. I am ready to _____ .

MONDAY MINDSET WITH ISHA WARRIORS *@ishawarriors*

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WHAT DO I WANT?

Set a timer for 10-15min. Take a deep breath. Dive in.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

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How Can I Serve?

Your dharma will always serve you & the greater good.

1.

2.

3.

4.

5.

6.

7.

8.

9.

Look at what you have written over the last three pages.

- What patterns do you see?
- What has led you to where you are today?
- What are your strengths? Weaknesses?
- What insights come to mind? How can you live with more intention?
- Take your best guess at what 3 words* might summarize your unique purpose & start taking action every day to see if you are right!
- It doesn't have to be 3 words—just a suggestion I got from Deepak. 😊