

So I really want you to think about your values, but I don't want you to think that your values are linked to your purpose. Your purpose is everything, and your values are gonna be just kind of a, kind of a sanded for you to explore. The things that are coming your way or the things you're exploring are aligning with the things that you value.

Welcome to Living In Alignment, a podcast for purpose-driven freelancers, creatives, and entrepreneurs who are looking to start, grow, or pivot their businesses with their true passions and maintain a thriving mental health along the way. I'm Ali Waho, your host mom, Latina, and I'm excited to bring together a team of experts in entrepreneurship, neuroscience, spirituality, manifestation, and more.

Together we will provide practical ways to help you unleash your potential, heal past dramas, and create a life that is imperfect harmony with your true self and your legacy. My goal is to help you overcome burnout and stress, achieve clarity, vitality, wealth and alignment. And if that's what you're searching for, then living in alignment.

We'll deliver that one episode at a time. Buckle up and let's make awesome happen.

Hello, beautiful and welcome back to another episode. If. You resonated with episode two where we talk about purpose and we started talking about how can you know how close or how far away are you from your purpose? And if you did the assessment, amazing. If you haven't done it, check episode two. There is a resource that you can download right now.

But you can listen to the episode and do it live with me, where I take you through seven questions that you can ask yourself to figure out where are you with your purpose? How clear are you about your purpose? How far away are you from your purpose? And that will be a great indication to move on to what I wanted to share with you today.

Today we're gonna be diving deep into the concept of dharma. Or purpose. And dharma is an Asian Eastern philosophy of purpose, right? It's about exploring wide holes in men, significance, especially for creatives, freelancers, and entrepreneurs like you. So if you do want to go through this, we're gonna especially gonna be diving into.

What does DMA means? What are some areas that you can tap into for you to understand your purpose, as well as some questions at the very end of the episode that I'm gonna be asking you for you to ask yourself and figure out really, really quickly what your purpose might be. So I'm gonna dive in right away into the first thing that I wanted to talk to you about, which is, let's understand, what is your purpose?

What is your dharma and what is it important? If you have listen or heard, the term dharma. Dharma is essentially your purpose. It's a sounds skirt word that encompasses various interpretations, but as its core, it really represents one's unique purpose of calling in life. It is really about that guiding force that aligns you with your passions.

It aligns you with your talents and it aligns you with your values. And essentially, when all of these put together, it will propel you towards the life of meaning and fulfillment. So for me, for example, I believe dharma, it is something that we all have. We were born in this world with our dharmas. We might have forgotten our dharmas.

We might not know what our dharmas are, but most of the time, If we look back into our childhood and look at different traits and patterns of who we were before we needed to commit to a nine to five, or to a more practical way of living, that is your Dharma speaking up for you. So why is Dharma essential and why is there essential, in my opinion, for creatives, for freelancers and entrepreneurs?

Well, Imagine if for every day you could wake up every morning, feel with excitement and purpose, you know exactly what you're here for. You know exactly who you are, and you know that the work that you're doing is perfectly aligned with who you are at your core Happy days, right? So, I understand this is something that a lot of people struggle with, and that's what we're exploring, Dharma, because your dharma, your purpose, allows you to tap into those innate talents and passions, unleashing your full creative potential, and of course making a positive impact in the world around you.

The moment you're energetic feel goes up because you're doing something that it feels exciting, it feels joyful if, if. Feels fulfilling, your energetic world will change and therefore would have a ripple effect into everyone's life as well. So for me, it's really for you to have a moment and think about, how can I find my dharma?

So right now we're gonna be exploring a few steps that can guide you on this journey of self-discovery and purpose. The first step that I want to talk to you about is self-reflection and introspection. A lot of the times people struggle, especially with this step, because we don't want to discover things that we know might derail the practicalities of our lives.

You know, a lot of us have been in positions where we have to have a job or we had to do a project that didn't wanna do, or we had to do a thing because we have bills to pay. We got. Specific programming and goals, et cetera. But doing the self-reflection and introspection is really crucial, in my opinion, to really engage in that deep self-reflection and introspection for you to really start exploring your passions and start exploring your values and start exploring what are you good at?

What are your unique talents? What are the things that come so easy for you? And so you really need to start asking yourself some thought-provoking questions like what brings you joy? Like what brings you joy? What are the things that, oh my gosh, if you were to do that thing every day, you'd be so happy.

Like, for me, it's dancing. I love dancing. But would I do it for a living? No, I would not. It doesn't feel lying to my purpose. You gotta keep asking questions. What else brings me joy? Speaking

brings me joy. Like I feel like I've changed something in the world. I've changed something in the life of others.

Can I make it a living potentially, like I personally love speaking and if I do make a living, I do have a stream of income that comes from public speaking, for example. What activities make you lose track of time? What gets you in flow? For a lot of people, this could be working through systems and processes that are.

Very, very analytical and very type it heavy, and a lot of people love to get into those things. What activities make you lose track of time for me, for example, anything that relates to a creative project, like obviously launching this podcast, for example, totally lost track of time and I totally been working more hours than I usually do because I so bloody aligned with my purpose.

The next question is, what impacts do you aspire to create? This is a beautiful part because the impact that you want to create. It could be your legacy, it could be that thing that you imagine yourself creating it. You imagine yourself living behind in this world the moment your body passes. So really for me, the step number one of self-reflection and introspection is really about a process for you to gain valuable insights into your true purpose.

And I personally believe as well that your biology plays a huge role here. I'm not gonna go through in this episode an awful lot about your biology, your human design, your astrology, and your dna, and you name it. I am a nerd of self colonization. I am a nerd. Of knowing who I am in my deepest. Form as a human being, but beyond this human body, for me to understand what aligns with my purpose and what aligns to the things I like doing, the things I don't like doing.

And so for me, understanding your biology, understanding different aspects of your personality. Biology, in my opinion, is about 70% of who you are and the rest is personality. So if you do wanna know a little bit more, and I promise if this sounds intriguing, and I'm more than happy to make an episode about this, but if you do want to deep dive into some of the self-actualization tools, That I personally use and have used and recommend anyone using, go to my website, square One Comu and find the self vitalization guide.

It will have a few examples of things that you can do right now to understand your biology. Things like Unani, biotypes, human designs, numerology, D N A, testing, so on and so forth. It is fascinating. Right. So let's talk about step number two, which is really embracing your talents and your passions. This is an important one because for me, you need to identify these passions and these talents.

And sometimes you don't know what they are, but the moment they intersect is when magic happens. And so if you, for example, you have a creator pursuit or professional skill that ignites something within you, this might be the thing. And you don't know what this thing might be until you start experimenting and trying it.

I always say doing is thinking. Most of the times we get sort of in our heads thinking, oh, I should try this, or, oh, this really makes me really excited and it's something I'm actually very good at. But we rarely put it into practice. So I really want you for this to embrace your passions and your talents, but in an experimental sort of way, what would it be like?

What would it feel like? And the moment you start embracing these passions and these talents and in an experimentation type mindset. That would sort of give you guided pose on your journey towards your purpose. You might see that your creativity start flowing. You might see that your passion and your talents collide, and that's when you like, you know that there is something that you need to keep on learning about and start getting more information and tap into your intuition.

But if you find this creative flow, And you leverage your talents to create meaningful work that resonates with your core being, oh my gosh, of course. This is essentially what everybody's searching for. Hey, I wanna ask you a question. Would you like to have instant access to a simple, intuitive, and scientifically proven framework that has helped entrepreneurs and creatives like you remove burnout, gain clarity in, minimize anxiety in no time?

If the answer is yes, I would love to invite you to a seven day challenge. To living in alignment. The challenge is something that you can do at any time. And if you feel like you have been riding on a train to the run destination, my friend, this is for you because you know it's time for a change. The challenge would help you to discover and use practical tools to live a more fulfilled life and regulate your nervous system along the way.

And our journey towards alignment will really help you stay focused on your true self. Even in the midst of chaos, you will spend each day on every activity that will foster your alignment, and I promise it won't be more than 30 minutes, sometimes 10 minutes, sometimes even less. And will include things like grounding unsighted, release cart cutting, ego ta, high self journaling, and so much more.

If you want to join the seven Day in Alignment Challenge and start living the life you truly deserve in giving your body and mind the rest in need, then go to the website, aliche.roho.com. Slash seven days challenge a repeat Ali white check roho.com/seven days challenge and gain access to this challenge that will change your life and will give you a whole new level of tranquility that you can replicate for life.

So what I want you to ask yourself here is, what am I natural at? And if I didn't have to earn any money, what would my day look like? If you didn't have to earn any money, if you didn't have to have a job to pay the bills and someone was sending you X amount of money into your bank account every month, what would your day look like?

The first step that I wanna talk to you about is for me, kind of a myth, which is really about aligning with your values. Yes, knowing your values is really important, but your purpose, your dharma, is not solely about personal fulfillment, and it's not solely about your values. Of course,

understanding your values and your core values, like integrity, authenticity, freedom, compassion, sustainability, growth, whatever it is, is really important.

And ensuring that your pursuits aligned with these principles is really important. So for example, if you were looking for a job and you were given an application to, uh, perhaps apply for a role or a tobacco company, Or at a gambling company and your value was against that, of course you know that it's not aligned with your purpose, like no brainer.

But I don't believe that all the time, your values, you know, you're almost like knowing my value is gonna. Link back to my purpose. Like for me, for example, integrity is a big one. Freedom is a big one. Authenticity is a big one. Empathy is a big one. What that means for me is that I could create a, that anywhere I go, wherever I touch.

My purpose is almost like I just come in with this little back, with all of these little values, and then I just put a little of sparkles on top and that's it, right? Like those are my values everywhere I go. The myth with values is that knowing your values won't give you your purpose, but what you can do though is when once you understand your values and you get reactive information like I'm getting approached for, to apply for a role, or I'm getting approached by someone to be a co-founder for a business, or I have this idea.

And maybe he's gonna make me tons of money, but he's not aligned with my values. That's when your values really come in. So I really want you to think about your values, but I don't want you to think that your values are linked to your purpose. Your purpose is everything. And your values are gonna be just kind of a, kind of a samid for you to explore.

The things that are coming your way or the things you're exploring are aligning with the things that you value, if that makes sense. Step number four is about embracing growth and adaptability. I personally believe that purpose is not something that you find overnight. For a lot of you, this will be a process, and as a process, you need to embrace a growth mindset, and you need to be adaptable because finding your purpose, finding your data mind's a dynamic process that evolves over time.

I have personally developed and enjoy a framework of mine that I have used. To find my purpose. I have used it to understand who I am at a deep level. What are the things that I wanna do? What are the things that connect me to my authenticity? What are the things that connect me with the things that I'm good at?

And what are the things that connect me to things that can bring me income, right? But you need to embrace this growth. And if you are doing this on your own, I will really, really encourage you to go through the previous steps that we already discovered and cover, and you really here need to allow yourself to step out of your comfort zone and explore uncharted territories.

You need to embrace your unknown and you need to be curious. You need to ask questions to family and friends about. Who do you think? I should be, what are the things that you've seen me enjoy in life? I have had so many conversations with my parents about myself as a little girl, um, asking them, you know, who was I as a little girl?

What were the things that I enjoyed? What were the things that scared me? What were the things that. I was very talented at, and it's always really eye opening, and I take it with so much love because it really usually indicates something about me and about my purpose. So I really want you to embrace that growth mindset and adaptability in order for you to embrace this process of discovery and the process of finding your purpose, essentially.

Step five, and this is the last step, is about trusting. Trusting the journey of finding your purpose. It's really for you to remember that. The journey to finding your purpose, finding your dharma is completely unique to you. You need to trust the process. You need to know who you are. You need to know your biology.

You need to know your unique design, and you need to have faith that you have a purpose that is innate in you. It's you need to you, and that is your wisdom. You need to embrace the highs and the lows. You need to embrace that. Your purpose might take some time to find. But essentially you can do it. You can do this within couple of weeks.

You can do this by understanding who you are at the level, and I really think you gotta surround yourself with a supportive network of people who are like-minded and who ultimately are going through something very similar. I have personally very much enjoy and I'm not an affiliate or I don't have any connection to Sahara Rose 21 Day to find your Dharma.

It was, didn't have the community per se. It was something that you will do on your own. I'm very driven when it comes to doing this sort of programs, and I remember over 20 days, it took me probably about 25 because it was over Christmas every day I worked. Through her framework and it was very, very great, especially for me who helps other people find the purpose to understand a really beautiful framework.

And it was lovely. I really enjoyed it and it really helped me and it was very helpful. So I really invite you to do that if you wanna check it out. Um, Sahara Rose has a podcast and she also has her finding your purpose of finding your Dharma program. So I wanted to share all of these steps with you. As we mentioned already, we talked about how important it's to go through your self-reflection and introspection.

We also talk about how embracing your passions and your talents is gonna be really crucial, and to find that intersection. We talk about also aligning with your values, and I think that's really important to know that your values have to be almost that sparkle on top that goes everywhere you go. And you need to use it as a way to, so to sort of understand whether the things that you need to embark on are aligned or not align with your values.

The next thing we talked about was embracing growth and adaptability, and really knowing that finding your purpose is a dynamic process as well. And the last one that we discussed just now was around trusting your journey, knowing that this is a process, it's a journey, and also your dharma and your purpose is so unique to you and it is so beautiful.

And I guarantee that the moment you find that you're gonna feel like a brand new person, you're gonna have such a huge sense of who you are. You're gonna embody the version of yourself who is so clear on the purpose that that is gonna be so magnetic. And that's what I wish for you. I wish for you to have this magnetism within your life, within the life of others, and in this world because finding your purpose is such a beautiful component of your personal growth.

So to just to wrap it up, I want you to ask yourself the following questions, and I want you to write them down. And I want you to start using this as the very beginning of finding your purpose. Sounds. Okay? All right. Let's do this. Team. Number one, do I believe that I have a purpose? Do you believe, do you have a purpose?

Yes. No, maybe. And tell me why. Why do you believe that you have a purpose? And the second question is, what do I think my purpose might be? What do I think my purpose might be? Write anything that comes to mind. I don't want you to dwell on this. I want you to write it down right away. First thing that comes to mind, the third question is, what do I love doing?

What comes natural to me? I want you to write anything that interests you, anything that you love doing, any hobbies, anything at all. It could be watching Netflix, reading books, going for a walk, looking after my, my friend's children or my friend's dog, or going on holidays, painting, cooking, baking, doing gardening, renovations, whatever it is, write it all down.

This list is gonna be very, very long. At least you should have a round. 50 things on this list. Oh my gosh, making this list is gonna be so fun and probably about 30 is gonna become harder. And that's when you're gonna dig deep into knowing what are the things that I love doing that come natural to me? I bring me joy.

That's that question. Question number four. I want you to look back at this list of all the things that you thought about, and I want you to pick about three to five themes. I do human-centric design and innovation, and a master at picking up themes, and I want you to know, That you can also be a master of picking up themes.

Once you have these list of different themes, look at what are the patterns, and I'm gonna give you an example out of my list. These are the patterns that I pick up. The first pattern was there were a lot of things about health and healing. There were a lot of things about growing as a person. There were a lot of things about looking after my health, um, looking after my wellbeing, exercising, meditating, like obviously this is all the falls with the health and healing.

But I was also very passionate about helping others with their health and the healing with their nervous system regulation, blah, blah, blah, blah, blah. The next theme that, for example, for me

came up was entrepreneurship and business. Oh my gosh. Like I couldn't think of a better thing for me to do. I love it.

Entrepreneurship, business creation. As you can see, my hands are moving. You cannot see, but my hands are moving. I love the creation process, and for me, creating anything is really exciting. And for me, entrepreneurship is that it's creating. Okay, so that was for me the second theme. This third theme for me was impact.

I am in this world to create an impact in my life and in the life of others. I'm here to create an impact on Mother Earth. I'm here to create an impact on the universe. I'm here to create an impact. That's my third theme. When you look at these three themes for you, whatever those themes are, you might have more than three.

In my case, I had just three. So the next question I want you to ask is this. Question number five, how do these three to five themes interact together and could you make a living with them? Could you, if there is anything that you can do where these three themes interact and come together, what could you from that lease, make a living with?

For me, for example, and you can see how the health and healing entrepreneurship and impact are combined, for me is public speaking, is facilitating, is health and mindset coaching for entrepreneurs and corporate. ES p is about creative businesses. All these things are combined and those things are my purpose.

Those things are the things I love, love, love, love doing. So those are the five questions that I want you to ask. So I'm gonna go through them really quickly. Do I believe I have a purpose? What do I think my purpose is? What do I love doing? And comes natural to me, right? At least of at least 50 things.

Fourth question, look at that lease and pick three to five themes and combine them. And question five, how do these themes interact and how could you make a living with them? Number five is gonna give you so many beautiful answers, and I want you to play with that. So that is it. That is everything I wanted to share with you today.

I wanted to keep a short and sweet. Of course, we went a little bit over 20 minutes and that's okay. Finding your purpose is something that takes time, as I mentioned, but it's something that is a really beautiful process and I invite you to go through. I invite you to really go through this process, whether you're a creative.

Whether you're freelancer, you're an entrepreneur or entrepreneur, to be embarking on this beautiful journey of discovering your dharma. It is a beautiful one because it allows you to be who you truly are. It allows you to leave behind all the things that you're currently doing that do not longer serve you.

The things that do not longer feel in alignment. It's gonna give you so much self-reflection. It's gonna bring your passions, your alignment with your values and growth. And if you trusted, I promise, I promise your life is gonna be so much richer. Your life is gonna be so much more in alignment. Thank you so much for being with me today, and I cannot wait to catch you next time.

Thank you so much for tuning in to Living in Alignment. I hope our conversation and mindset, trauma healing, entrepreneurship, and self-awareness have inspired you to unleash your full potential, find your true purpose, and build the business and life of your dreams. If you want to join a community of like-minded individuals who are committed to personal and collective healing, who are creating a professional life they love.

Become an insider and be the first to know about exclusive content and experiences. Head to our website, www.sqrone.com.au, and sign up to our newsletter. Go head to my Instagram [@alewiecek](https://www.instagram.com/alewiecek) so I can further help you with your entrepreneurial and spiritual growth. Thank you for listening, and I'll see you on the inside.

Bye-bye.