

**LIVING YOUR
PURPOSE
ACTION GUIDE**

HEY THERE, I'M HEATHER!

I'm excited for you to create your own journey towards your purpose, or re-purposing if circumstances have pointed you to doing that.

Use the exercises on the following pages to help you take the first steps.



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traveler | speaker | author |
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LIVING SOMEONE ELSE'S PURPOSE



I'd Rather:

#1

Write down all the reasons you believe you can NOT do what you'd rather be doing in life:

#2

Write each of the reasons above as a question:

Example:

1 - There's no way I can afford to XXX

2 - What are some possible ways for me to afford XXX?

FINDING AND LIVING YOUR PURPOSE



#1

What are some “signs” you can remember from the past year or two?

#2

What do these signs have in common? Where do they all seem to be pointing you?

#3

What makes you feel joyful in life - and what would make you feel more joyful?

#4

What will you commit to doing in the next 3 months that scares you - a step towards what you want to do?

REPURPOSING

#1

Do you feel that you're living your purpose right now?

#2

If not, what do you need, right now, to allow you to live your purpose? (That you can have.)

#3

What do you feel the world needs most right now?

#4

How can you serve that need?

#5

Is there a way for you to merge what you've been doing with this?

STAY IN TOUCH!

It was great having you on the Nomad to Worker Bee talk today. I hope you found value and inspiration in it. If you'd like to hear more from me, [click here](#) to sign up for my newsletter.

READY TO TAKE ACTION?

- Set up a private coaching call with Heather. [Click here](#) to see how she can work with you to create a more fulfilling life.

