Day 1: Tuning Inward

What is pulling at your attention—and does it feel like purpose?

- What are the activities or moments that make you feel most fulfilled or energized?
- When was the last time you felt truly aligned with something you were doing?
- What are some inner nudges or curiosities you've been ignoring?

Day 2: Gift Discovery

What makes you uniquely you—and how do you share that with the world?

- What talents, skills, or qualities do others often recognize in you?
- What do you enjoy doing so much that you lose track of time?
- If you had to teach something to others, what would you feel confident sharing?

Day 3: Purposeful Expression

Your purpose doesn't need a title—just an outlet.

- In what ways does your current work or daily life reflect aspects of your purpose?
- Where do you feel limited in expressing your purpose?
- What would it look like to embody your purpose in small, everyday actions?

Day 4: The Trap of Titles

Are you waiting for the perfect role—or are you already in it?

- Do you equate your value with your job title, status, or responsibilities?
- Have you ever felt out of alignment even when achieving external success?
- How might you redefine "success" to better match your internal compass?

Day 5: Sharing the Gift

The meaning of life is to find your gift. The purpose of life is to give it away.

- How are you currently using your gifts to serve others or create meaning?
- What holds you back from sharing your purpose more boldly?
- What small step can you take this week to amplify the impact of your purpose?

REFLECTION

Looking Back to Move Forward

- What theme or pattern did you notice across your entries this week?
- What surprised you or stood out as a revelation?
- How do you want to carry forward what you've uncovered about your purpose?