



Finding Purpose on Your True Path

— Workbook —

INSTRUCTIONS:

This workbook corresponds with the Seva Learning course/workshop. Please work through it as guided. You may want to take a few days to ponder some of the questions. It might also be helpful to clear your mind by taking some deep and intentional breaths, doing a meditation, taking a walk and/or doing something that brings you joy.

Defining Success:

For many people, their definition of success is what drives their every move.

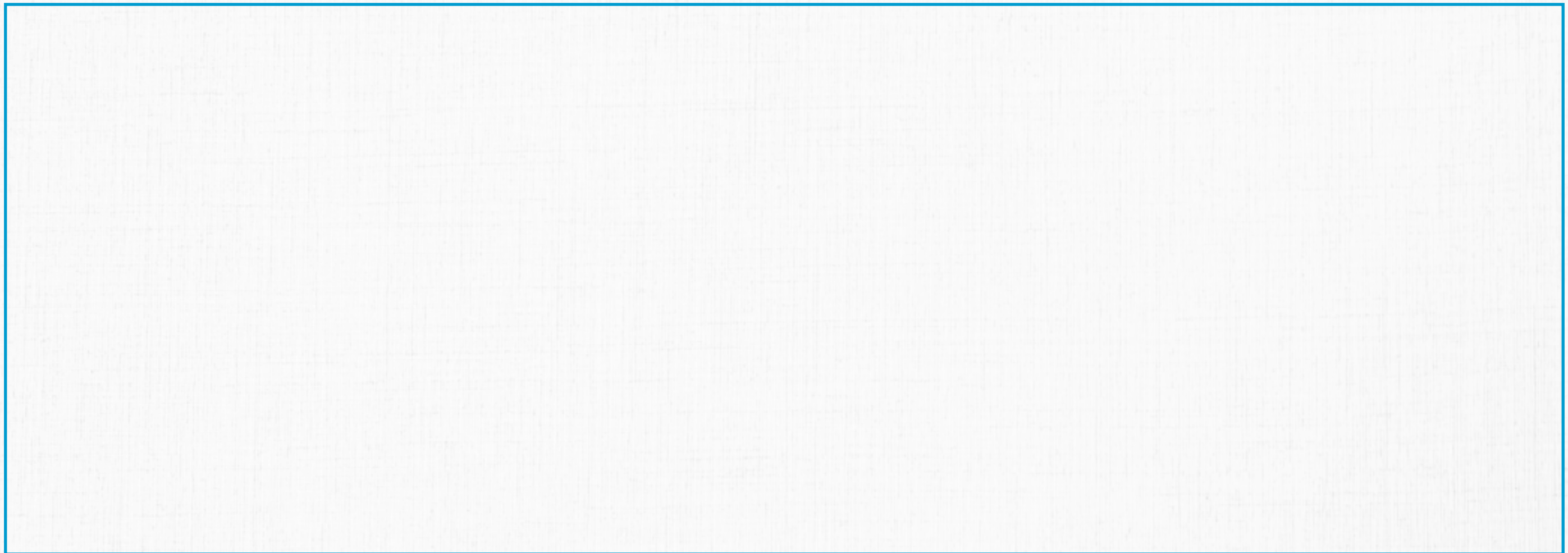
1a. What is your definition of success?

1b. At an early age, what did you want to be when you grew up? And why?

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Your definition of success might be what's limiting you. In truth, it may not even be your definition, but rather one you've inherited from your parents, family, friends, society, etc. If you stop and reflect, you may find that your former definition of success no longer aligns with who you are as a person. Take some time to reflect and then answer the question below.

1c. If you were to look back at the end of your natural life, what about the life you lived would make you truly happy?



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2a. Finding Your Spark:

Did you know that what you are meant to be doing for your career/work is closely aligned with what you love and are passionate about? If the words passion and love are too much for you to consider, then explore your curiosity. Take a few minutes to reflect on the questions below and answer the ones that feel best for you.

- What do you love?
- What are you passionate about?
- What gets you excited?
- What is important to you in your life?
- What captures your curiosity?

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2b. What brings you joy and makes you truly happy?

2c. What do you like to do for fun?

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Loving What You Do:

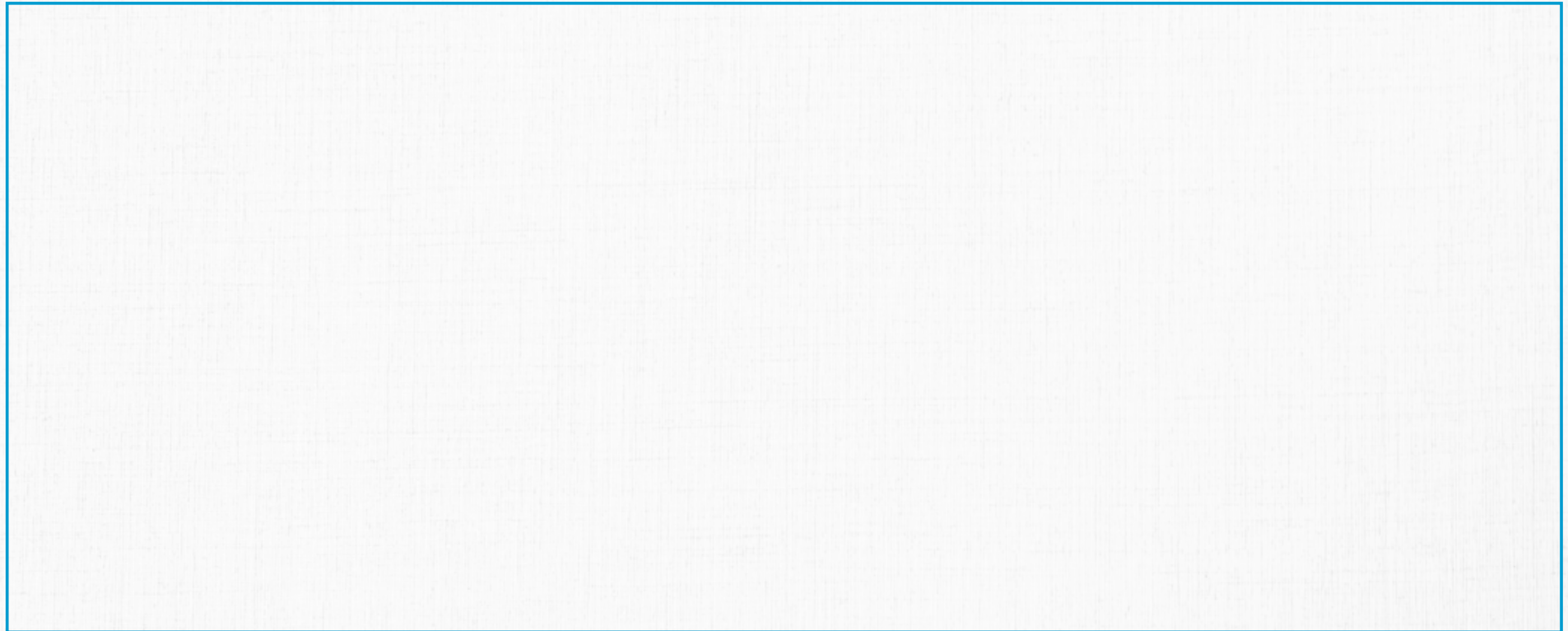
Work has become synonymous with a paycheck. In the United States, people live to work and yet they often despise their jobs. Other places believe you work to live your life and you don't have to love or even like what you do. What if you could do what you love and actually get paid well doing it? Take a few minutes to reflect and then answer the questions below.

3a. Using your current job position description (or one similar), list each of your responsibilities in priority order, from what you love the most to what you like the least.

1.	6.	11.
2.	7.	12.
3.	8.	13.
4.	9.	14.
5.	10.	15.

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3b. If you had unlimited resources (money & time) and you didn't have to maintain your current responsibilities, what would you do?



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Identifying Your Gifts:

All people have unique gifts and talents they're meant to bring into the world. For some, your gifts are obvious and come easily, while others spend their lives searching for them. To make things simple, your gifts are what you are great at and what you love (your responses to #2 and #3 in the workbook). Take a few minutes to reflect and then answer the following questions.

4a. What comes easily for you? What tasks/things do you enjoy doing?

4b. Fill in the blank: People would say that you are good/great at _____, Why would they say this about you?

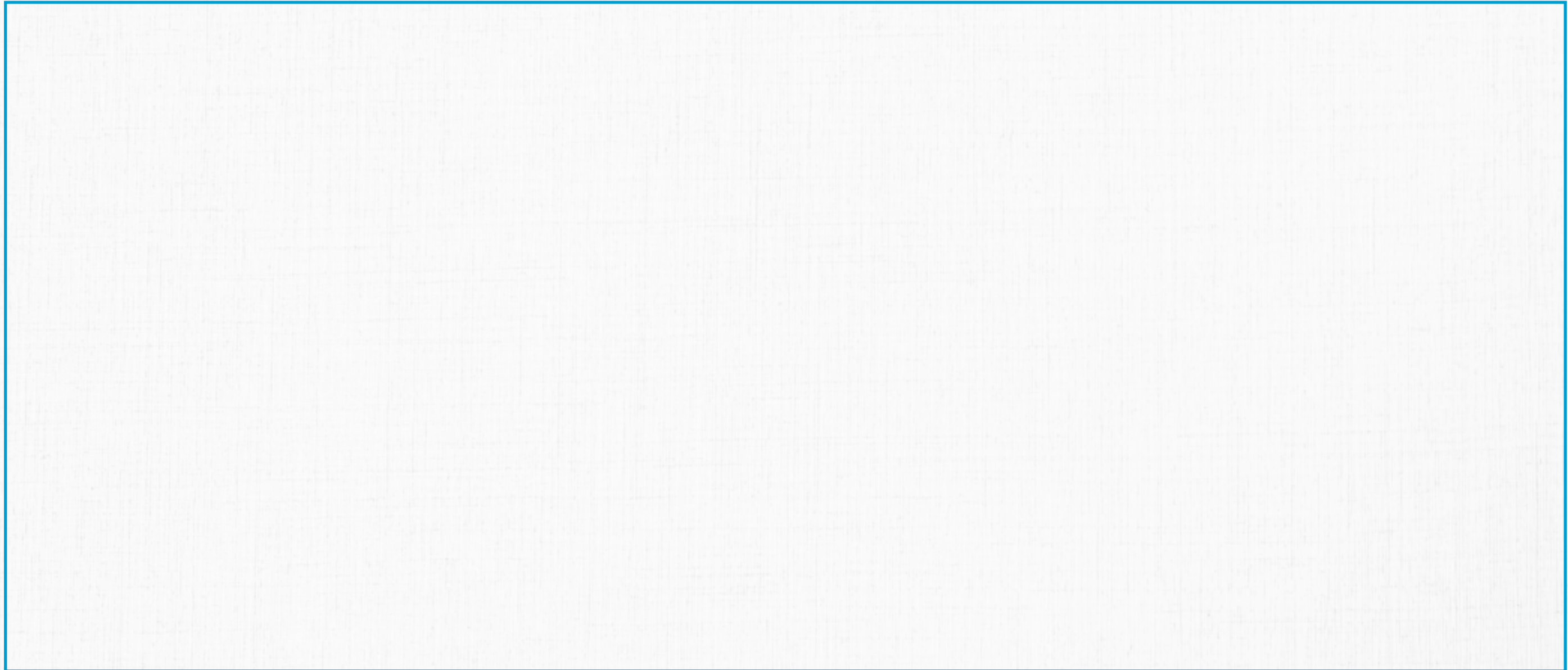
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4c. If you were given \$100 million to do something good for the world, what would you do?

4d. If you had \$10,000 a month to pay for your own personal, spiritual, professional development and growth, how would you spend it (e.g., types of training, education, workshops, coaching, arts, music, etc.)?

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4e. If you were given \$10,000, what would you purchase for yourself to bring you more joy/happiness?



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Finding Your Direction:

5a. How has the past week, month, year, 5, 10, 20 ... years been for you? Has there been ease and flow, or has it been complicated and exhausting?

5b. Find a quiet space, connect with your breath, then ask the question: "Am I headed in the direction of my True Path?" Journal what comes up for you.

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5c. Visioning Exercise:

For this activity, complete the following: **1.** Find a quiet space and connect with your breath and heart. **2.** Envision your perfect week (on a daily basis) in detail and be specific. **3.** Incorporate the following questions to describe each day:

- How does each day look and feel?
- What are you doing and creating every day?
- Who are you connecting with each day?
- What are you doing for fun?
- How and when does your day start?
- Where are you working and spending time?
- What are you bringing into the world?
- How are you growing?

Monday:	
Tuesday:	
Wednesday:	
Thursday:	

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5c. Visioning Exercise (Continued):

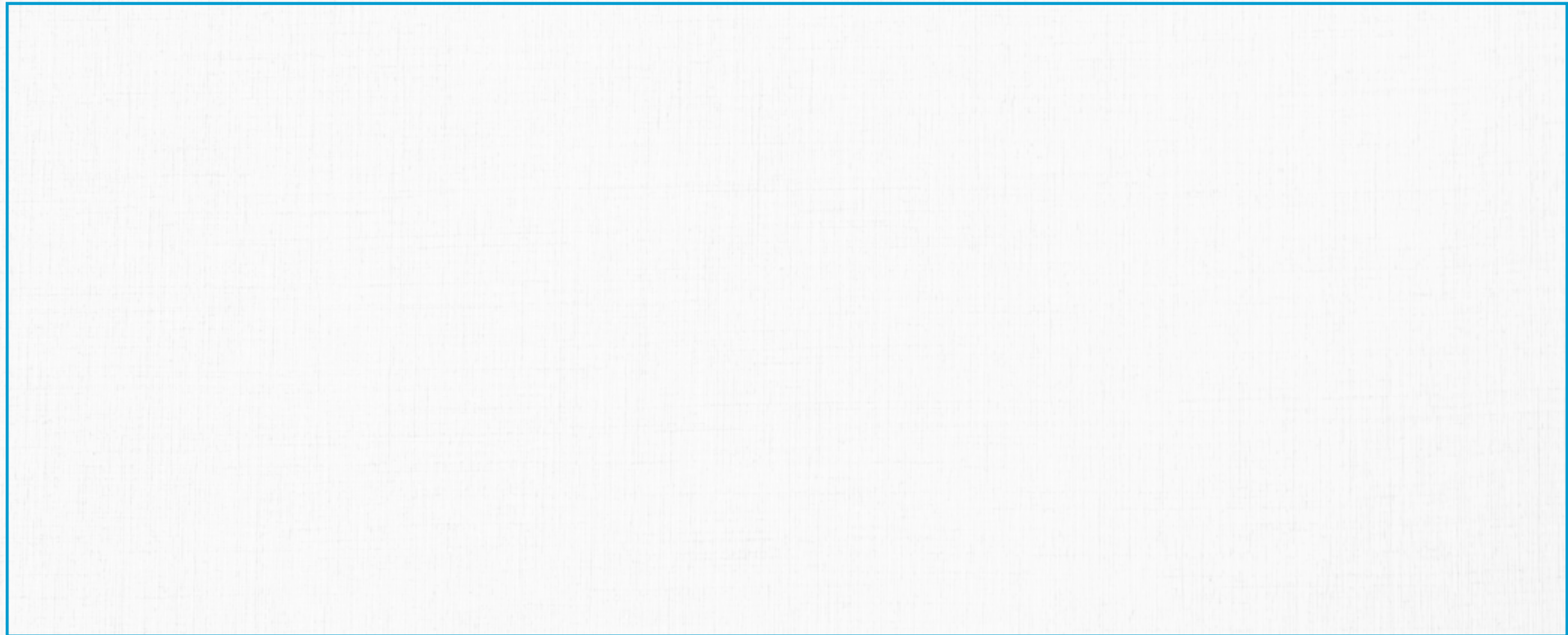
For this activity, complete the following: **1.** Find a quiet space and connect with your breath and heart. **2.** Envision your perfect week (on a daily basis) in detail and be specific. **3.** Incorporate the following questions to describe each day:

- How does each day look and feel?
- What are you doing and creating every day?
- Who are you connecting with each day?
- What are you doing for fun?
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- What are you bringing into the world?
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Friday:	
Saturday:	
Sunday:	
Notes:	

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5d. How well is your current week aligned with the vision of your perfect week? How can you become in better alignment? Journal what comes up for you.



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What is holding you back?

Most people stay in jobs they don't like because their fear of failure and/or the unknown outweighs their desire to try new things. Maybe what frightens you just might be what you're meant to be exploring.

6a. What scares the heck out of you, causes you tension and/or challenges you the most?



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6b. If there was one thing you could change about yourself, give up, let go of or get over, what would it be?

6c. If you knew failure was impossible, what would you do?

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★ WHAT DO YOU DO VERY WELL?

💰 WHAT DO PEOPLE PAY FOR?



♥ WHAT DO YOU LOVE?

🌍 WHAT ARE YOUR CONTRIBUTIONS?

← WHAT'S HOLDING YOU BACK?

→ THINGS TO EXPLORE

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Your Journal:

Consider the following four questions on a personal level. This may prove to be a great resource for you to come back to periodically in the future.

7a. What works for you to settle your thoughts, reconnect with life and arrive in the present moment?

7b. After taking a few minutes to get present and using what works for you (from 7A), journal on the following: What is your Genius whispering to you? Have you been receiving any nudges, feelings, inspirations, etc., for new possibilities in your life?

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Your Journal (Continued):

7c. See where the day takes you. Take a day, completely clear your schedule and just see what you are guided to do and where you are guided to go. At the end of the day, write your experiences here.

7d. What are you committing to today towards following your true path? For example: yoga, meditation, reading a book, taking a class, more time outdoors, seeking support, hiring a coach, etc.

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How Can Seva Learning Help You?

Contact:

info@sevalearning.com | www.SevaLearning.com

Feedback:

<https://forms.gle/Tj3ynhmYchGfMR4u5>