

PURPOSE JOURNAL

A PERSONAL ESSAY



NAME:

DATE:

One Day, I Want To

A PERSONAL ESSAY

Writing about your ambitions is a great way to keep yourself inspired and motivated whether it be a dream you had since childhood or something that you thought about just recently. Write three paragraphs about something that you want to do.

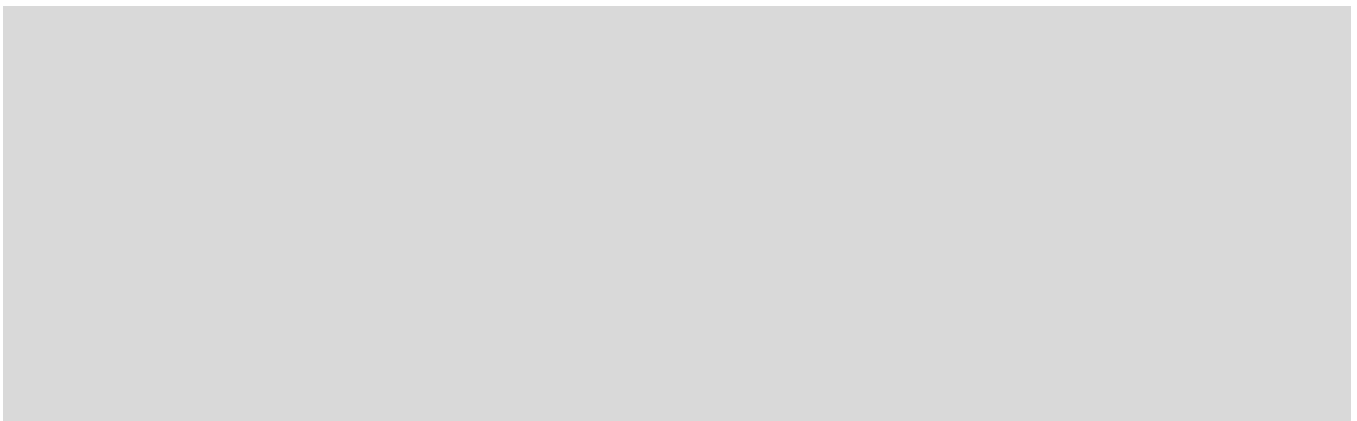
1ST PARAGRAPH



2ND PARAGRAPH



3RD PARAGRAPH

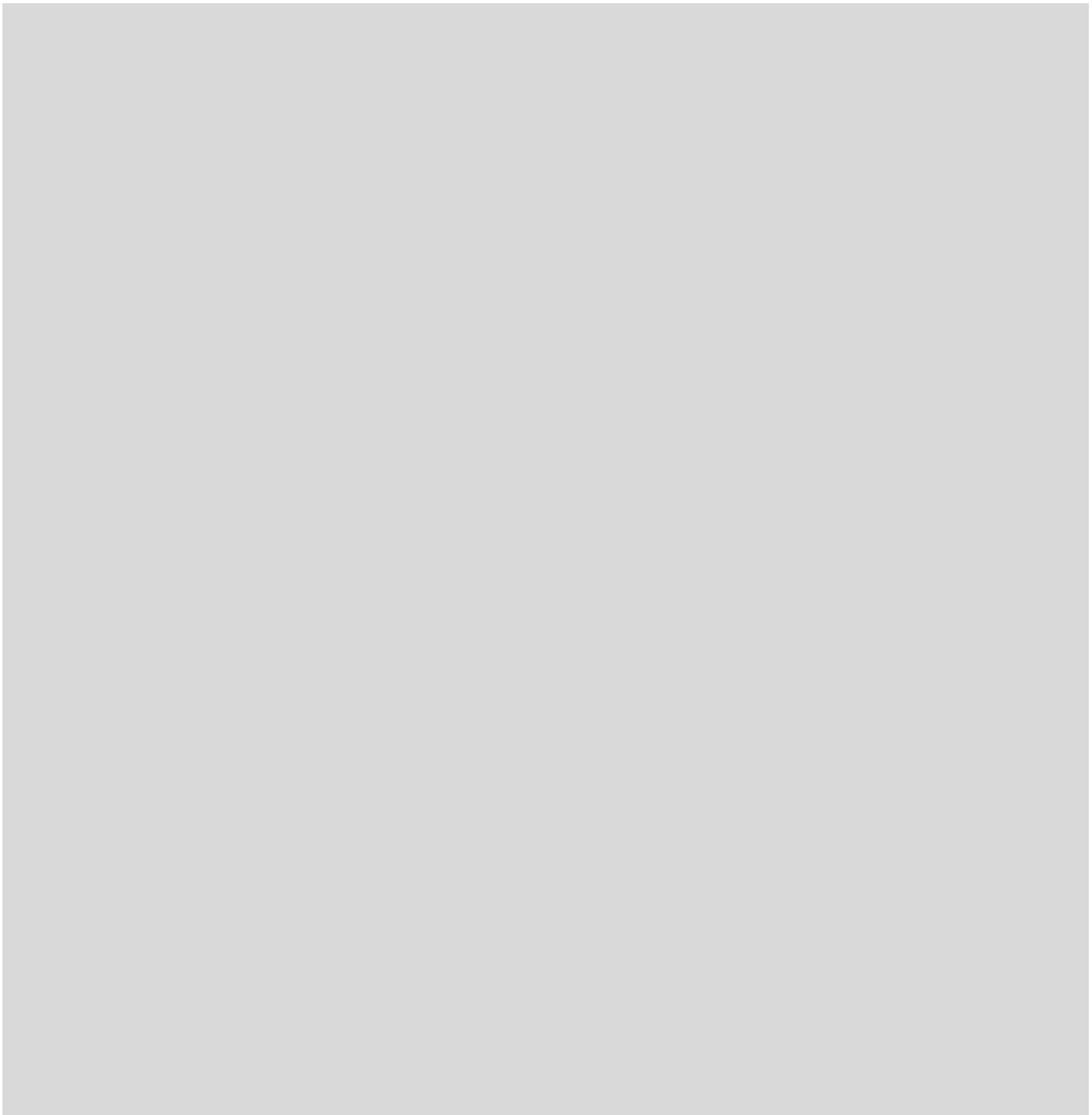


WHO do YOU think you are?

A PERSONAL ESSAY

It is important to know WHO we are and not WHAT WE DO! So, I would like for you to outline a brief story of self starting from childhood. Let your mind flow

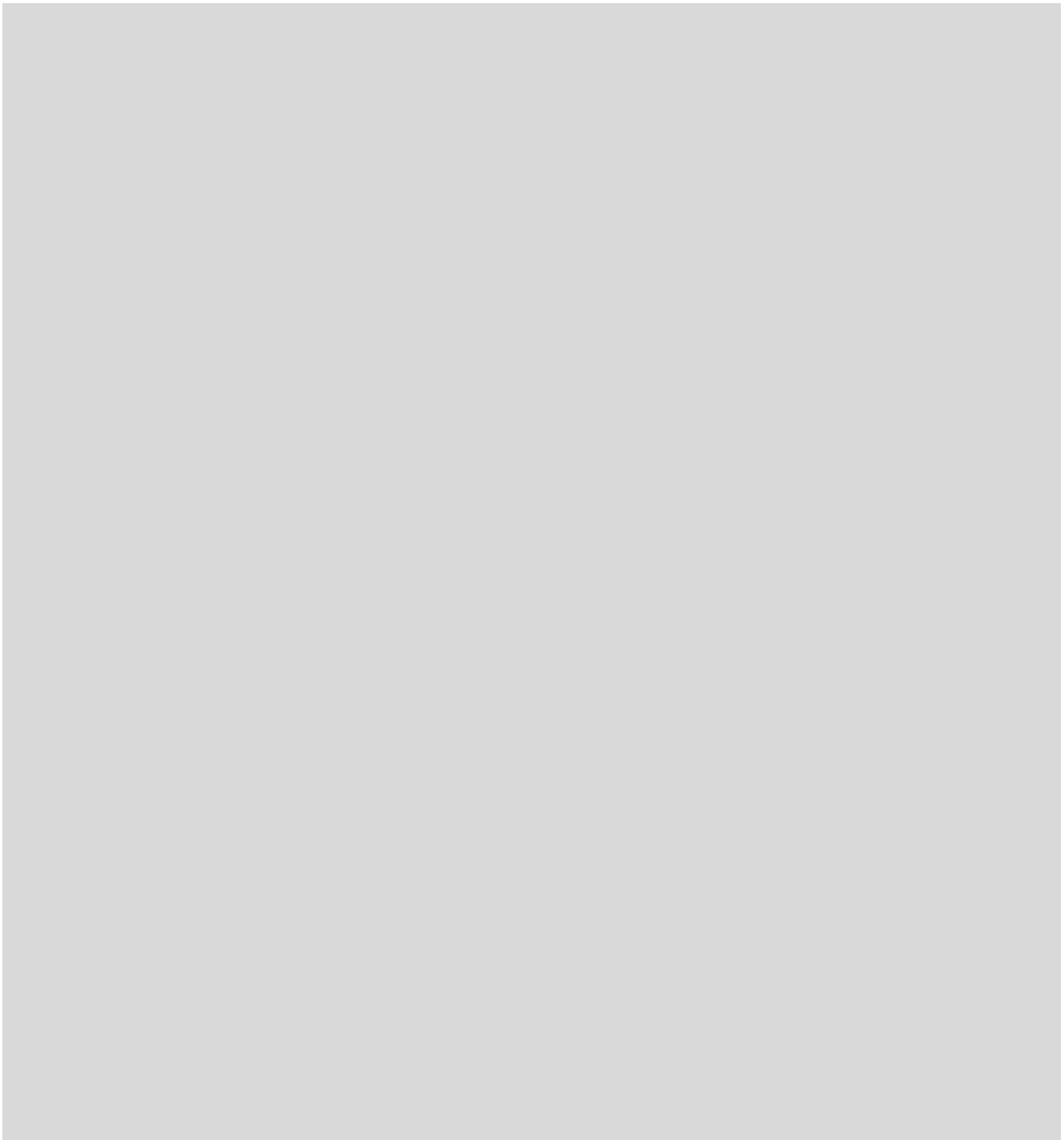
YOUR STORY



How do you think others perceive you?

A PERSONAL ESSAY

Perceptions of others holds us back a lot, so I want us to ADDRESS THIS RIGHT HERE
Take note of your thinking of how YOU believe others might perceive you and allow
this to align with your own internal belief system

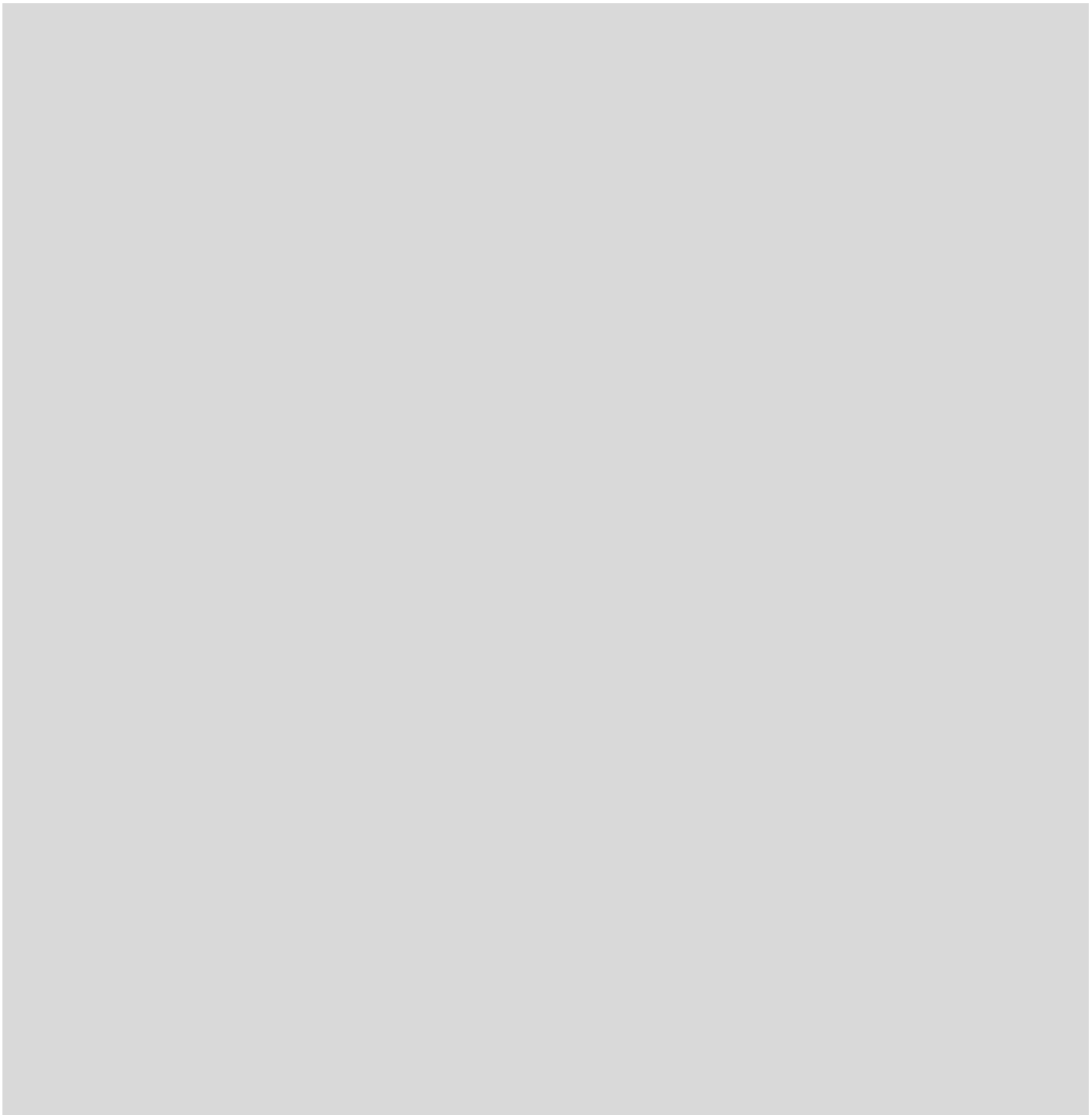


What FEAR is STOPPING ME

A PERSONAL ESSAY

It is important to recognize our FEARS and address them head on, so we can begin to find solutions to get to our goal.

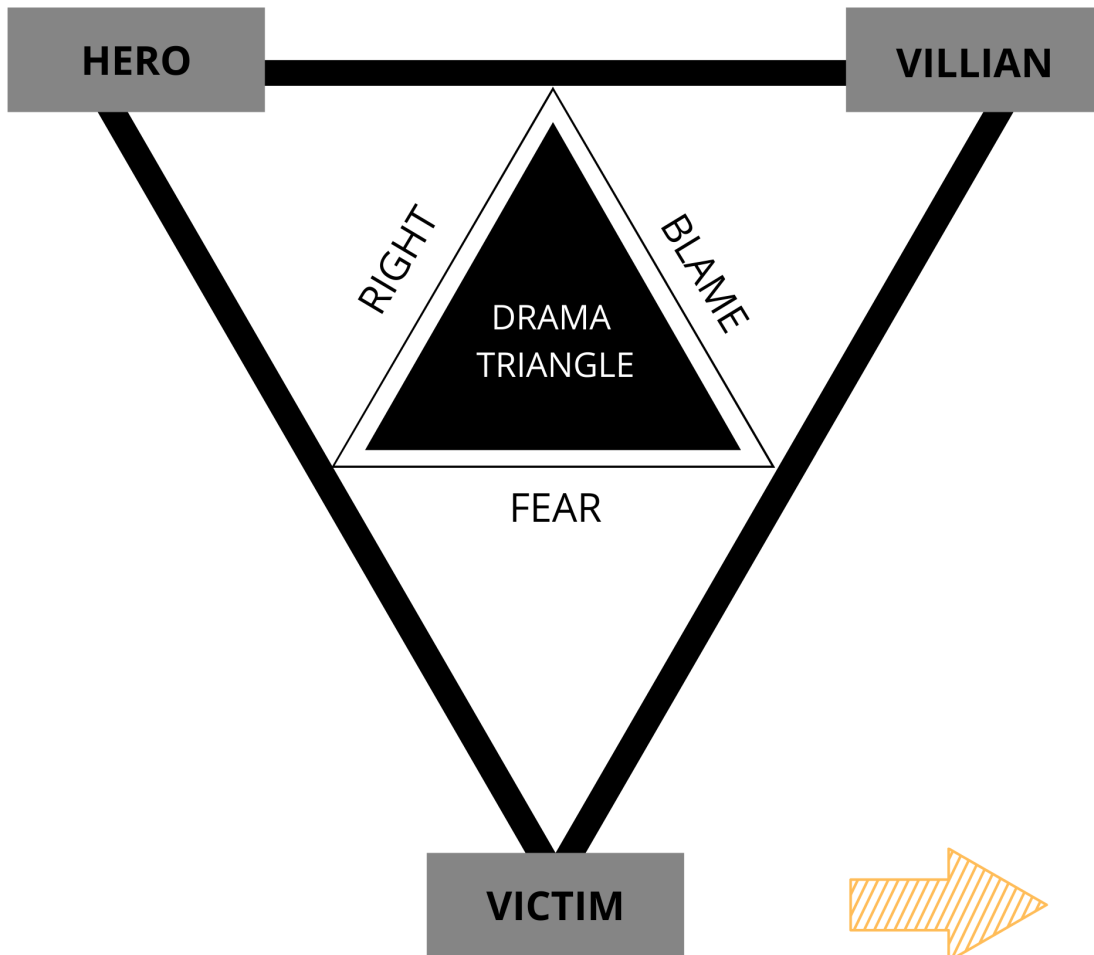
FEARS



NO MORE DRAMA

A PERSONAL ESSAY

SHIFTING INTO A PRESENT & CONSCIOUS LEADER

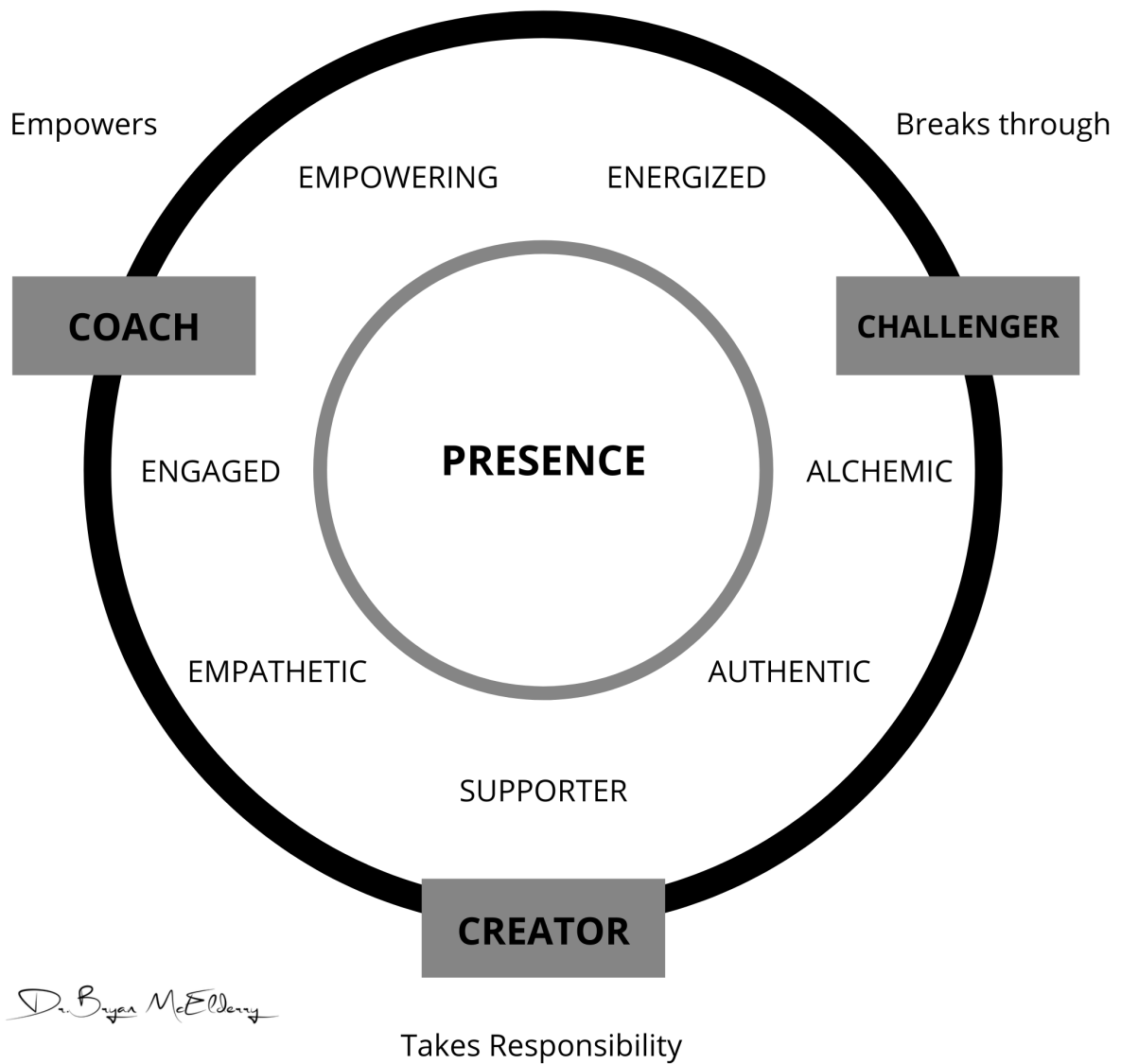


Dr. Bryan McElwerry



SHIFTING INTO THE PRESENT MOMENT

A PERSONAL ESSAY

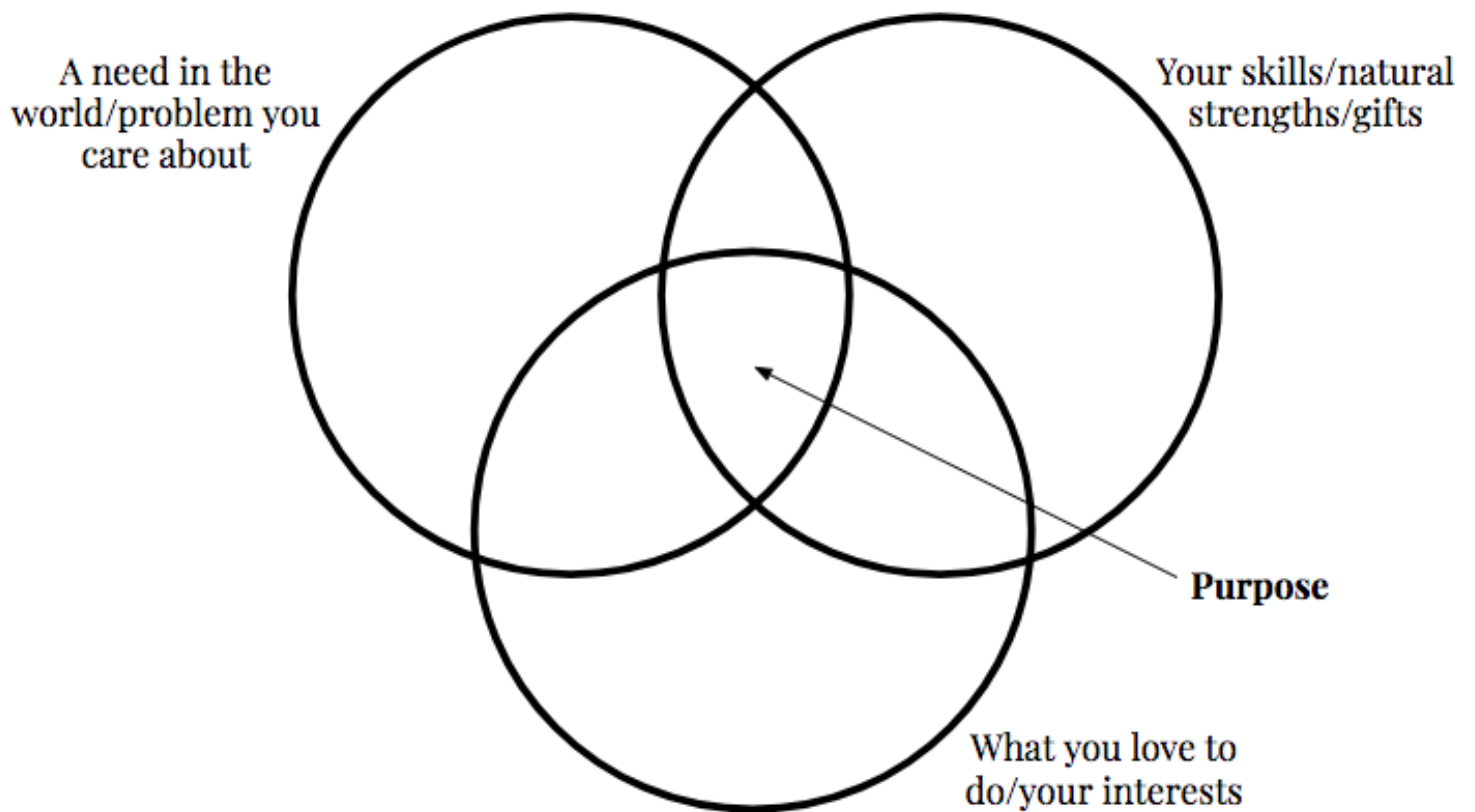


Dr. Bryan McElwain



OUTLINING YOUR PURPOSE

A PERSONAL ESSAY

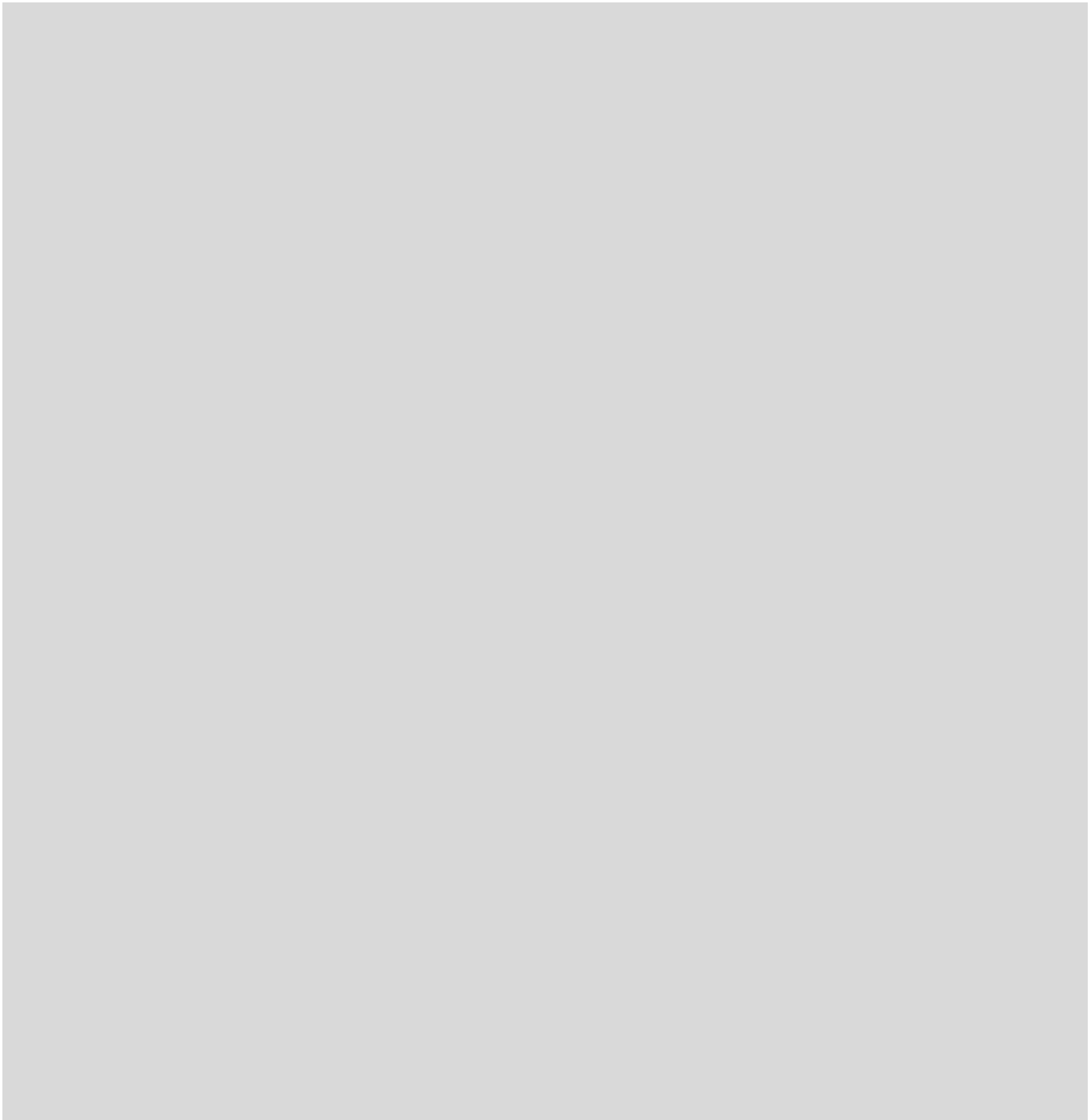


What SOLUTIONS can I have to solve these FEARS?

A PERSONAL ESSAY

It is important to recognize our FEARS and address them head on, so we can begin to find solutions to get to our goal.

SOLUTION BASED THINKER

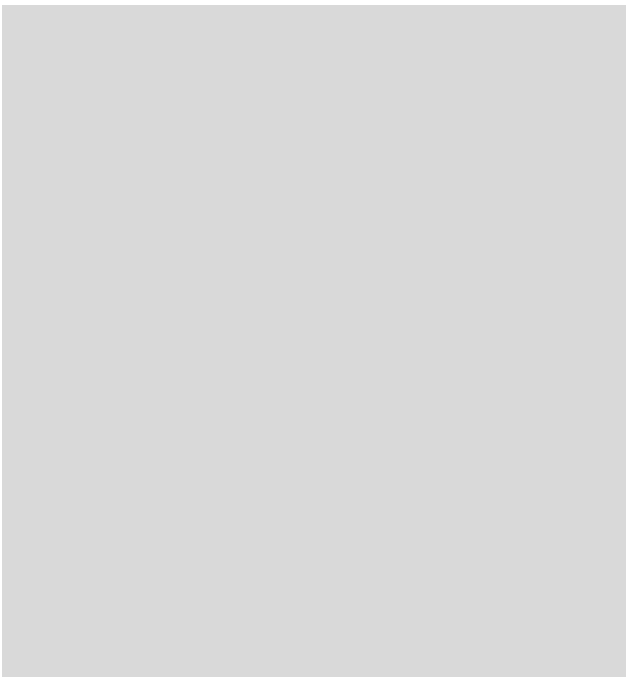


WHO is in my sphere of influence

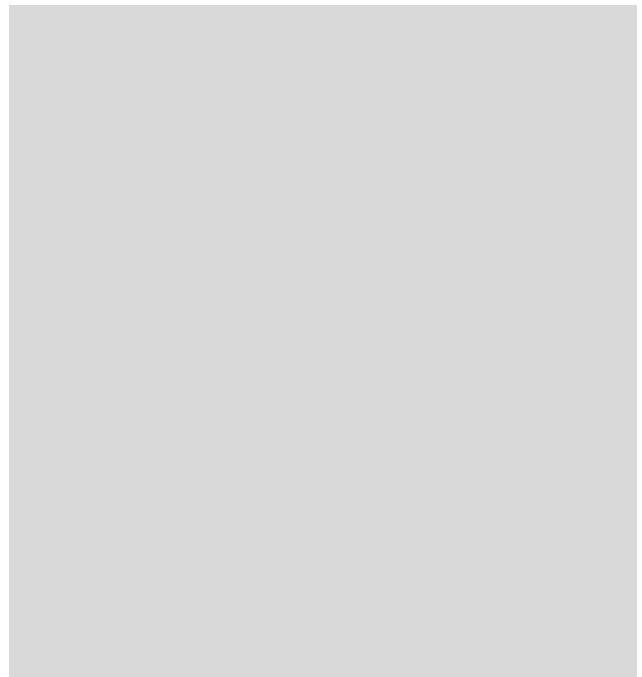
A PERSONAL ESSAY

You are the average of the 5 people around you, so who are you keeping in your circle? Also, analyze who you may need to remove from this list?

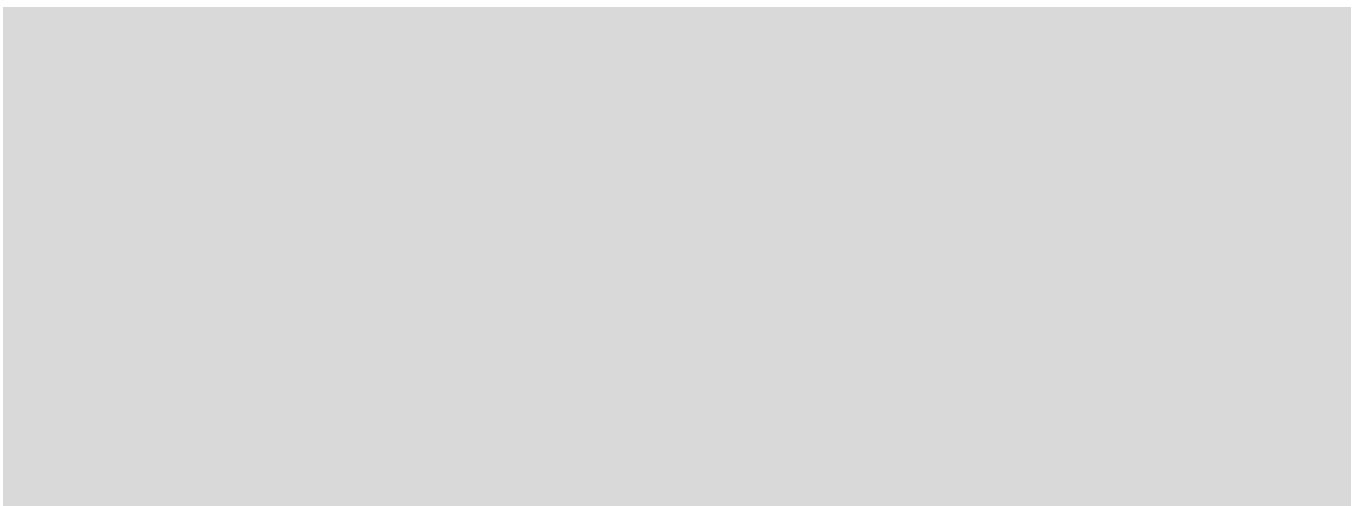
FAMILY



FRIENDS



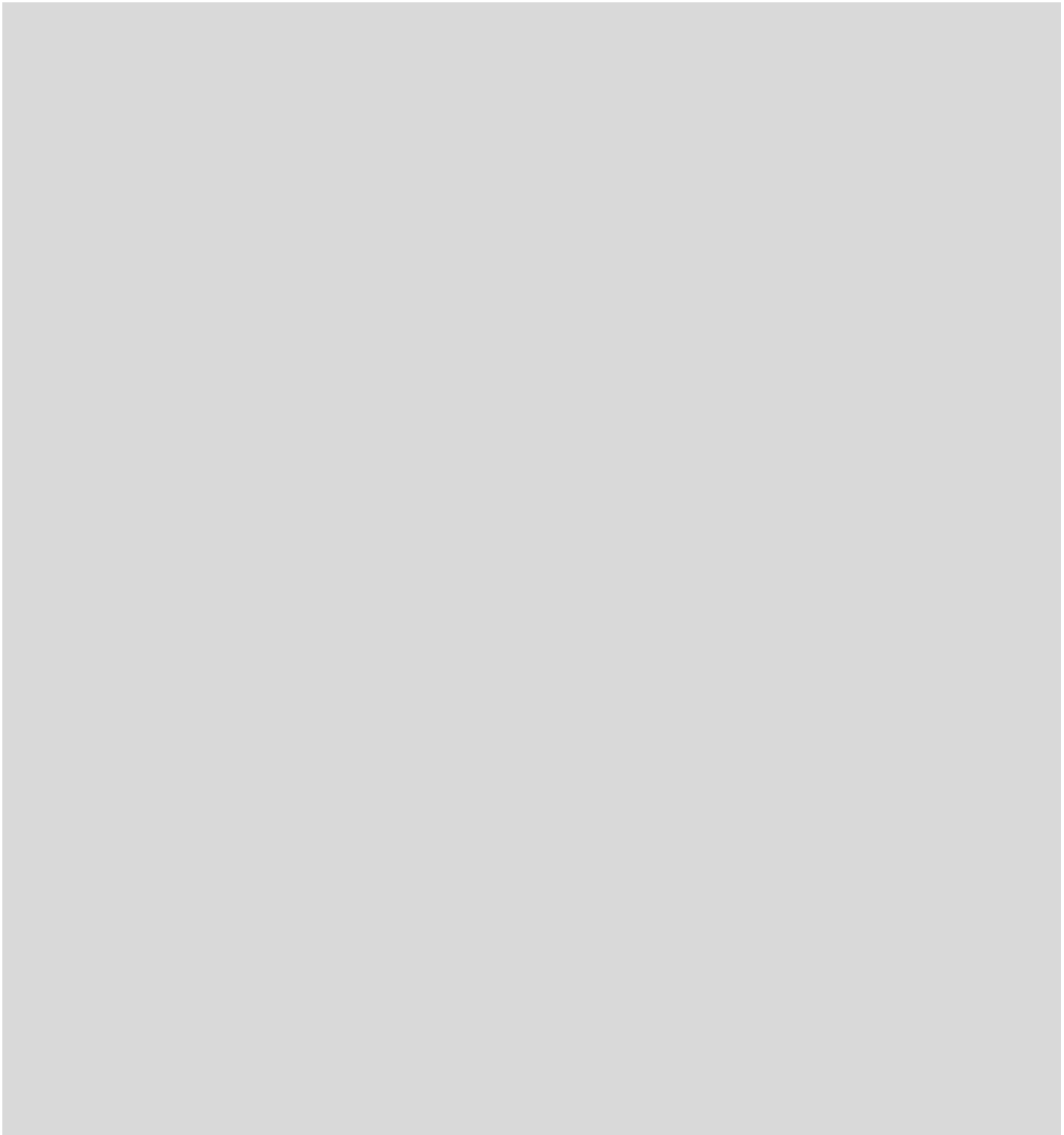
MENTORS/COACHES



How would you LIKE to be REMEMBERED?

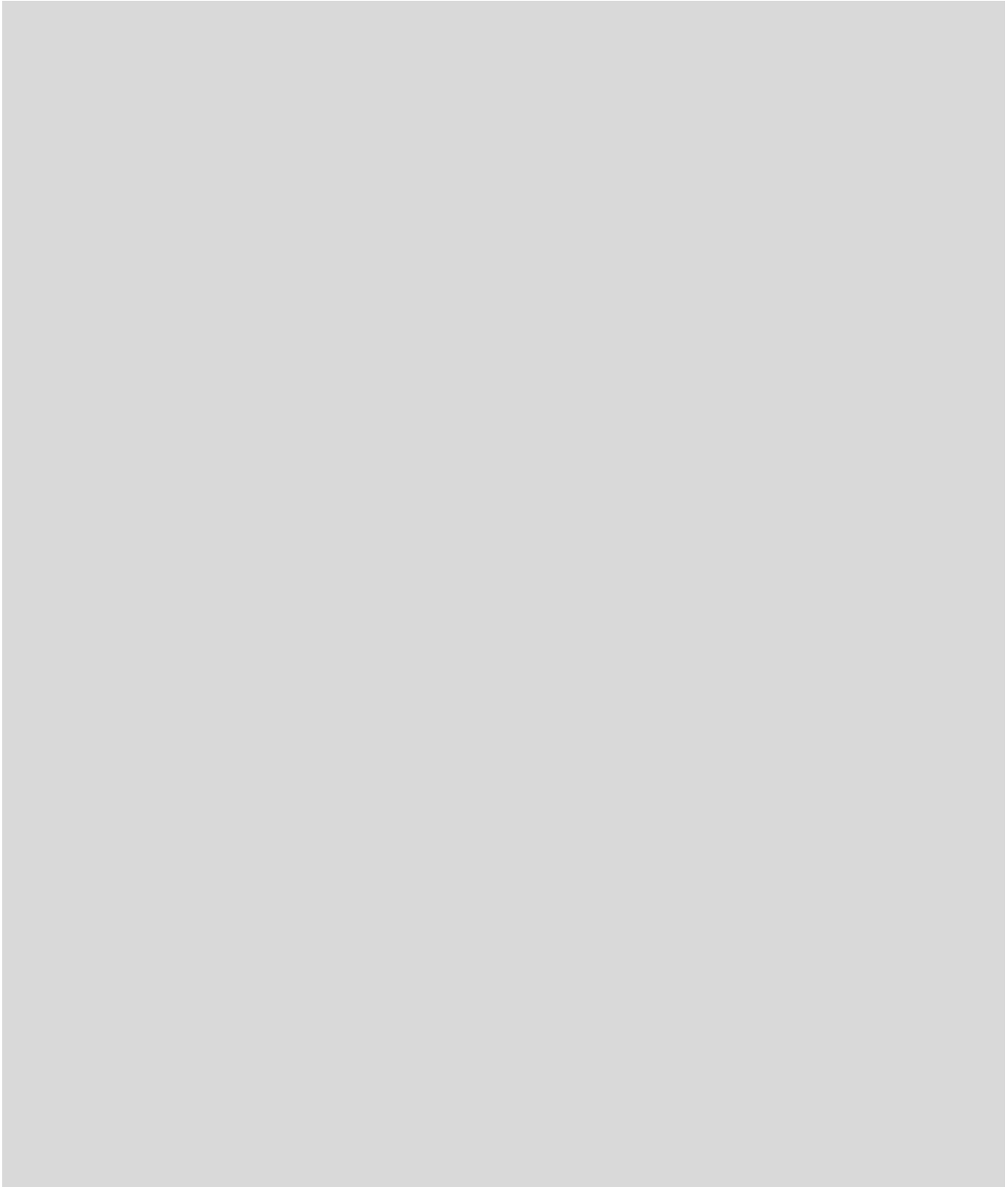
YOUR LEGACY STORY

When your time comes, how would you like to be remembered? Reflect and speak from the heart on the accomplishments, the impact and influence you would like to have upon the world, family and friends



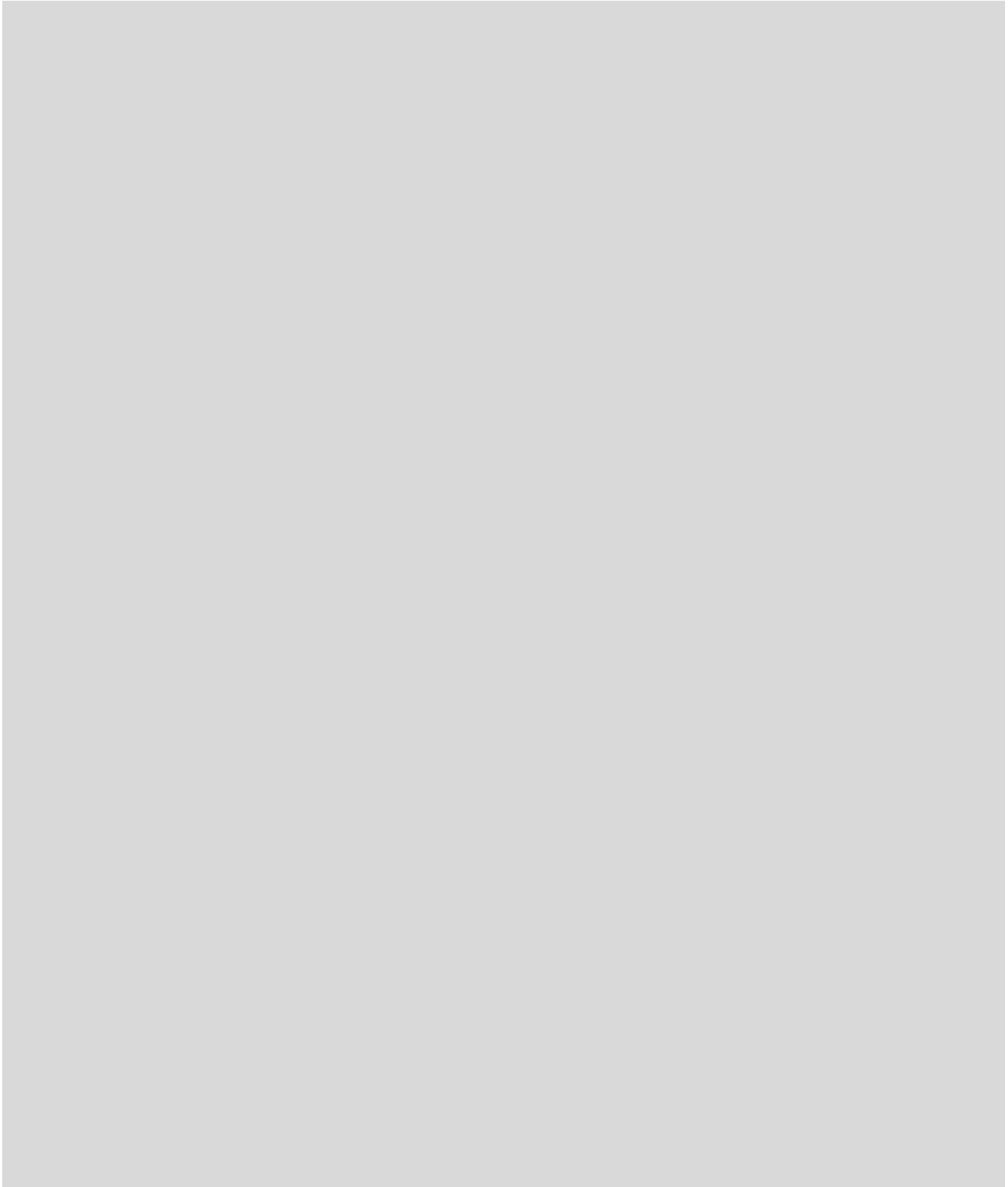
FREE FLOW OF THOUGHTS

LET YOUR MIND FLOW



FREE FLOW OF THOUGHTS

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