



**PURPOSE
MEANING
JOY**



A Look Inside Your Knowing

Introduction: Finding What's Missing

Have you ever felt like something in your life is missing? Like no matter what you do, there's an unshakable feeling that there's something more? You're not alone. That feeling is a sign—an inner calling guiding you toward your true path. This guide will help you explore what excites you, uncover your natural gifts, and begin to step into your purpose.

The truth is, the answers are already within you. Let's take a closer look at what lights you up, where you feel most alive, and how you can begin moving toward a life that feels whole and aligned.



Worksheet 1: What is Missing?

Take a moment to reflect. Tune into that part of you that knows something is missing. What is it?

- What do you feel is missing from your life?

- If you found what was missing, what would your life look like?



- How would it feel to wake up every day knowing you are living in alignment with your true self?



Worksheet 2: Your Gifts and Talents

You are naturally gifted in unique ways. Recognizing and embracing these gifts is the first step to stepping into your calling. Below is a list of skills and passions.

Step 1: Take Inventory

- Check off the things that light you up and know you are good at.



- Put a “G” next to the ones you are good at and an “L” next to the ones you love doing (even if you don’t think you’re good at them).

- Notice where these two lists overlap.



- Add anything that isn't listed!



Creative Expression

- Writing stories, blogs, or journaling
- Drawing, painting, or digital art
- Designing graphics, websites, or visual aesthetics
- Making music or singing
- Acting or performing in theater
- Photography or videography



Helping & Connecting

- Coaching or mentoring others
- Supporting people through tough times
- Teaching or explaining complex ideas
- Making people laugh or uplifting their mood
- Organizing events or bringing people together



Hands-On & Practical Work

- Building, crafting, or making things with my hands
- Cooking or baking creative meals
- Gardening or working with nature
- Solving puzzles or fixing things
- Working with animals



Strategic & Analytical Thinking

- Solving problems or thinking outside the box
- Analyzing data, trends, or patterns
- Managing projects or leading a team
- Planning or organizing tasks efficiently
- Negotiating or making smart business decisions



Exploration & Adventure

- Traveling and experiencing new cultures
- Trying new foods or unique experiences
- Learning new skills or taking courses
- Exploring the outdoors (hiking, camping, etc.)
- Meeting new people and hearing their stories



Spiritual & Personal Growth

- Meditating or practicing mindfulness
- Reading books about self-improvement
- Exploring deep, meaningful conversations
- Helping others with their personal growth
- Practicing energy work, healing, or intuitive guidance



Step 2: Implementing Your Gifts

- How could you bring more of what excites you into your daily life?

- What's one small action you can take today to engage with your gifts more often?



Worksheet 3: Answering The Call

You wouldn't be here unless you felt a calling. That pull inside of you isn't random—it's part of your deeper knowing. Take a moment to listen:

- What do you feel is calling you?

- What does it feel like it's calling you toward?



- Has there been a time when you felt deeply connected to your purpose? What were you doing? How did you affect those around you?

- What fears or doubts come up when you think about stepping into your calling?



- How can you begin to shift those fears into trust?



Worksheet 4: Connecting Your Gifts To Purpose

Now that you've explored your gifts and passions, let's connect them to your larger purpose. Purpose is often found at the **intersection of what excites you and how you can serve others.**

Take a moment to reflect:

- Look at your checked-off gifts. Imagine a life where you fully embrace and use them daily. What does that look like?



- How can you use these gifts to make an impact?

- Who do you feel most called to help with your unique talents?

- What challenges in the world excite you to solve?



- What small step could you take today to start using your gifts in a meaningful way?

Final Reflection & Next Steps

Your gifts and passions are no accident. You are here to bring something unique into the world. Trust what excites you. Follow what calls you. The next step is already waiting for you.



Take Action Today:

- What is one small step you can take right now to align with your purpose?

- How can you begin integrating more of your gifts into your daily life?



- Need deeper guidance? Schedule a **Breakthrough Session with Kjell** to explore your path further.

Your journey is unfolding, and you're exactly where you're meant to be. Keep listening. Keep trusting. Keep moving forward.

You are ready.