



3 P'S TO FIND
YOUR
PURPOSE

 BLISS
with Chriss

Finding your purpose is a loaded process & it may be overwhelming to know where to begin. That's why I created this resource to begin that process. I share my formula of the 3 P's to discover your purpose in life. Let's face it, your calling is not just going to fall in your lap. Use this resource as a guide to start some reflection and the inner work. It is not an end-all, but I encourage you to spend time to write your responses to these prompts. I believe there's power in writing things down so that you can come back to it & reflect to make any necessary changes as you gain more life experiences.

I am excited for you on this journey!
Chrissy

3 P's to Find Purpose

REFLECTION PROMPTS

Take time to respond to these prompts. Remember, you don't need to know all the answers right now, but there is power in writing things down and reflecting back on it later.

Your plans may change & that's ok!

1. Passion - What gets you excited?

What difference do I want to make in the world?
What do I need to do in order to make that difference?

2. Pursuits - What am I already doing that I enjoy?

What am I doing that I could make as a career or part of my purpose? What am I naturally good at?

3. Personality - What do I already know about my personality?

Am I introverted or extroverted? Do I like being outdoors or indoors?