

JOURNEY TO WELL-BEING

Purpose



innernow

JOURNEY TO WELL-BEING:

Purpose

Follow the path to your dharma, or life's purpose, and discover lifelong passion and alignment in everything you do.

InnerNow's Journey to Well-being gives you the tools and insights you need to navigate your personal journey and uncover the wisdom that is already inside of you. Use this workbook as a complement to the Journey to Well-being: Purpose program by Ismael Cala in the InnerNow App.

Discovering your unique purpose is a practice in which you return to your wholeness. When we think about our purpose, we must consider all aspects of ourselves and find connection and harmony within all facets of our lives. Often, there is a tendency to live in separation; work is one aspect, family is another, spiritual practices are one, mundane daily tasks are another, and so on. We end up compartmentalizing our lives because we ourselves are compartmentalized. Your dharma is not a specific goal to achieve in one area of your life, it is the nature of your being and the reason why you are here. Dharma doesn't always have to do with your work because dharma is the universal truth, the nature of all reality, and, of your reality.

Remember, well-being is a journey, not a destination. There is no "quick fix" or specified regimen. This journey is a commitment to yourself, creating consistent practices in a way that feels aligned for you, to access harmony in all aspects of your life.

EXERCISE | Stream of Consciousness Journaling

What do I love?

[illegible]

Connect with Your Purpose

EXERCISE | Journal Prompts

We are often fed messages from the external world telling us who we should be, what we should do, even how we should dress. The constant noise from the outside world can make it difficult to listen inward to our inner wisdom and receive the messages guiding us towards alignment with our purpose. Cultivating a practice of internal inquiry is an integral part of connecting with and finding a firm foundation in your dharma. As you spark an internal dialogue you allow yourself to remain connected with your truth and your purpose even when the world is pulling you in different directions.

1. Think about one thing that you love doing. How can you show up more for what you love, or go deeper into it?

The invitation is to start with one thing and then make a list of up to 5 things that you can reflect on. Consider how you can connect with the things you love more and more in your everyday life.

2. What is your heart's deepest longing?

The desires created from deep within your heart are the ones that connect you to your dharma. Use this prompt to reflect on the moments that you experience the most joy in your life. Allow that reflection to guide you towards an answer that connects you with the desires that exist beyond the external world.

EXERCISE | Journal Prompts (Continued)

3. When do you feel most alive or energized?

Use this prompt to write a list of all the things that spark joy in your spirit. What gives you goosebumps or butterflies? List the things that excite your soul, allow the list to be as long as you want!

4. What are you grateful for in your life recently?

Use this prompt to express gratitude for your path. When you find yourself getting swept away with the pace of the world around, use this exercise to remember your connection to your higher purpose and to remain in service to yourself and those around you.

5. What are your gifts, talents, and most cherished qualities?

Use this prompt to reflect on the qualities, talents, and gifts that make you, you. From your compassion to your drive, your artistic abilities to the way you organize your daily tasks. If you're feeling stuck or having trouble, think about some of the things your friends, family, or loved ones come to you for and ask your advice. Or consider what qualities the people in your life reflect back to you.

JOURNEY TO WELL-BEING: PURPOSE

6. How do you remain in service to yourself and your communities?

Use this prompt to be reminded that moving from a place of selfless service is a path connecting you with your dharma.

7. Where can you be even more present in your life?

Ultimately, your truest purpose is to find harmony in your present moment experience. Use this prompt to discover where there is more opportunity to connect with the present moment each day.

Affirmations to Support Living Your Purpose

After taking the time to reflect, let's make space to create an affirmation that will support your continued practice. Remember, this is a journey, and each day is going to look different. Allow this affirmation to serve as an anchor that re-roots you in your purpose anytime you find yourself drifting.

What affirmation can support you as you navigate this journey connecting with your purpose?

My affirmation to ground me in my purpose is...

Need Inspiration? Try these affirmations:

- *Joy and ease fill my life as I follow this path full of purpose.*
- *I am worthy of living a life full of purpose, joy, and abundance.*
- *I am fearless in the pursuit of my life's purpose.*
- *My unique gifts are needed, I am enough, and I have what it takes to fulfill my purpose.*

Revisit Your Journey to Well-being Assessment Tool

Connecting with your purpose is a journey that naturally unfolds over time. There is not a set time frame or specific way of navigating this journey because it is always unique to you. It is something that must be explored with curiosity and openness in mind. Taking time to practice reflecting on where you've been along the way, as you discover where you are headed, is a beautiful way to remind yourself how far you have already come.

EXERCISE | Reflect using the Journey to Well-being Assessment Tool

Take a moment to revisit the Journey to Well-being Assessment tool to reflect on your journey. Notice if there are areas in your life that feel like they are off balance in some capacity and any areas that feel clear and harmonious. Perhaps there is some separateness in the way you are experiencing each aspect of yourself and your well-being journey. The practice of discovering your dharma is a practice rooted in returning to your wholeness. As you use this tool to reflect, notice where you can create more space to integrate all aspects of yourself into your everyday expression. Remember that this is an ever-evolving journey, be gentle with yourself knowing that these reflections are always subject to change.

For additional context and journal prompts, find the original Journey to Well-being Assessment Tool [here](#).

EVALUATION

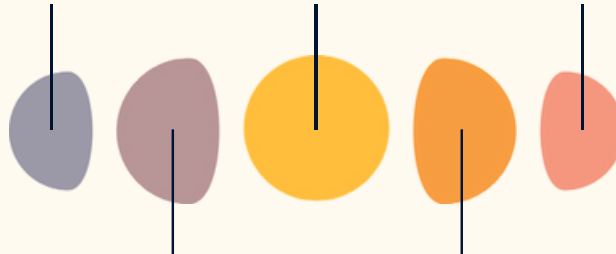
Well-being Assessment Tool

Balanced:

There is a barrier preventing me from putting any energy into this area.

My energy in this area is at a level that makes me feel even and whole.

All of my energy goes into this area, which leaves no space for anything else.



I place very little energy here, and I feel a need for more.

I spend a lot of energy here, which leaves little time for other areas.

Instructions for use: color in the shape that represents where you are in this moment for each category.



Healthy Mind: *I support a restful, alert mind through mindful awareness for more calm and contentment.*



Healthy Body: *I incorporate healthy habits into my routine to support a joyful, energetic body.*



Spiritual Growth: *I work to uncover my true self and access higher states of consciousness for lightness of being.*



Work: *I cultivate focus, inspiration, and compassion, and enjoy work that is meaningful to me.*



Creativity & Play: *I make time for play and creativity by recognizing what makes me come alive. I find inspiration in daily life.*



Purpose: *I follow the path to my dharma, or life's purpose, and discover lifelong passion and alignment in everything I do.*



Resilience: *I navigate life's beauty and challenges with self-care tools to build self-regulation and adaptability.*



Abundance: *I cultivate abundance, trusting in the infinite organizing power of the universe to meet my needs.*



Environment & Nature: *I am intentional in my environment and connect with nature to stay grounded and centered.*



Self-love: *I use self-care practices to cultivate my self-love and accept every facet of my being.*



Daily Practices

As you continue to align your life with your truest purpose, try inviting in these exercises to support you in your practice each day:

1. Create a Vision Board

We have tendencies to get stuck in our over-thinking minds that are filled with messages from the outside world about what success and a life full of purpose looks like. If you're ever feeling stuck or lost, make space to create a vision board. This might be a poster-board with pictures cut from magazines, or a folder on your computer. Let your mind roam to the places it finds joy, try not to think about it too much, allow yourself to be free and creative. Once you feel complete, stand back and look at any themes that may have shown up in this process.

2. Try Volunteering

Sometimes we can get caught up in self-reflection practices, which are a crucial part of this journey, but this can lead us to forget that our purpose involves more than these internal reflections. Volunteering is a beautiful way to remain in service and make a meaningful difference in the world. Take time to find an organization that you feel aligned with and learn about the ways you can support their mission to remain in service.

JOURNEY TO WELL-BEING: PURPOSE

3. Rewrite your Fears

Our minds will always create stories, it's what they are designed to do. Some of those stories do not always serve us, especially as we tread new waters navigating the path towards our purpose. We might be full of fear and self-doubt at various times throughout the journey, so how can we move through the fear to create space for our purpose to be seen in its wholeness?

Try making a list of your fears and worries specifically in relation to finding your purpose.

Are there unknown variables that feel overwhelming? What is the story you tell yourself? Is there anything about the exploration that feels frightening to you? After writing those down, identify evidence currently in your life that proves your fears wrong. This will help you get clear on what big lie your fear is trying to tell you.

Example

Fear: I am afraid that people will tell me I'm not good enough or think what I am sharing doesn't have value.

Evidence: I have support in my life that uplifts my voice and sees my inherent value.

4. Create Spaciousness in Your Days

Often, our days are so full we don't have time to simply let our minds wander. It's usually in the wandering mind, when there is space to explore, that we can tune into our purpose and our heart's longing. Maybe it's while you are cooking, or for 30 minutes at the end of your day when your environment is quiet and there is nothing else needed of you. Inviting in more space to everyday life will keep you aligned with your truest desires and, in turn, with your purpose.

Community Connection

As we discover our true purpose it is natural to want to share that expansive and connected feeling with those around us. While each of us will have a unique journey, we can be in discovery alongside one another to support and uplift each other's discovery. Try practicing with a friend, a partner, or even a group or people to add another layer of connection to your exploration.

EXERCISE | Journaling From the Journey to Well-being Assessment Tool

Invite a friend, partner, or a group of loved ones to download the free Journey to Well-being Assessment tool. Give everyone space to fill out the journal prompts and then come together to share your answers. Allow the person or people you practice with to be your support and accountability buddies along this journey. You might set up a group chat to share your practices and reflect together or participate in video calls, or in-person meet ups if that feels aligned. When we connect our journeys together, we empower one another to live our own unique purpose each day.

I will practice with...

Reflect on your experience:

How did it feel to be in practice or talk with a loved one about your purpose?

Resources

Connect with Ismael Cala: Inside the [InnerNow App](#)

[Fluir Para No Sufrir \[Flow Not to Suffer\]](#) by Ismael Cala

InnerNow Articles

[Self-Worth: 5 Way to Identify Your Unique Gifts](#) by Tris Throp

[How Passion Activates Purpose](#) by Roger Gabriel

[Stepping Into Your Purpose — Beyond the Doing](#) by Parita Shah

[Discover and Fulfill Your Life's Purpose](#) by Deepak Chopra

Congratulations!

You've completed the Purpose workbook! These tools are meant to support you whenever you need them most. Remember, to view this as a journey rather than a destination. As you continue to practice and grow forward on your path, revisit these tools and resources as often as you need to serve and support you in discovering your purpose. We're here to support you along this journey and look forward to continuing to explore with you.

Visit the InnerNow App next month for a new theme and practices!

You are always on your way!