

# DISCOVER YOUR TRUE PURPOSE

*Week Four*



THIS WEEK'S PROGRAM:

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**Free Your Mind**

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**Awaken & Re-connect To  
Yourself**

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**Listen to Your Higher  
Self's Directions**

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**Your number one purpose, no  
matter what the situation is,  
should be you being the very  
best version of YOU!**

Anytime we don't give ourselves our best, we have to come back to the forgiveness that we learned last week to get back on track quickly.

When all parts of you (your mind, body & spirit) work in harmony, your purpose will become clearer to you instead of it being some long lost mystery.

# The Home-Play Sheet

## YOUR WRITING GOALS

Make sure you print off and complete your "Discover Your True Purpose" home-play sheet.

We will never get to our purpose through the conditioned mind. We have to free that and let it come through us as intuition... feeding the heart first and then the mind.

## WEEK FOUR HOME-PLAY

*\* Please print off and complete the "Discover Your True Purpose" home-play sheet.*

*\* Find a quiet, private space to listen to this week's meditation and ask your higher self to give you the next clear actionable step that you need to take towards your highest potential. This is what will take you towards your highest purpose in this moment!*

*\* Listen to the "Discover Your Purpose Meditation" Minimum x 3 this week*

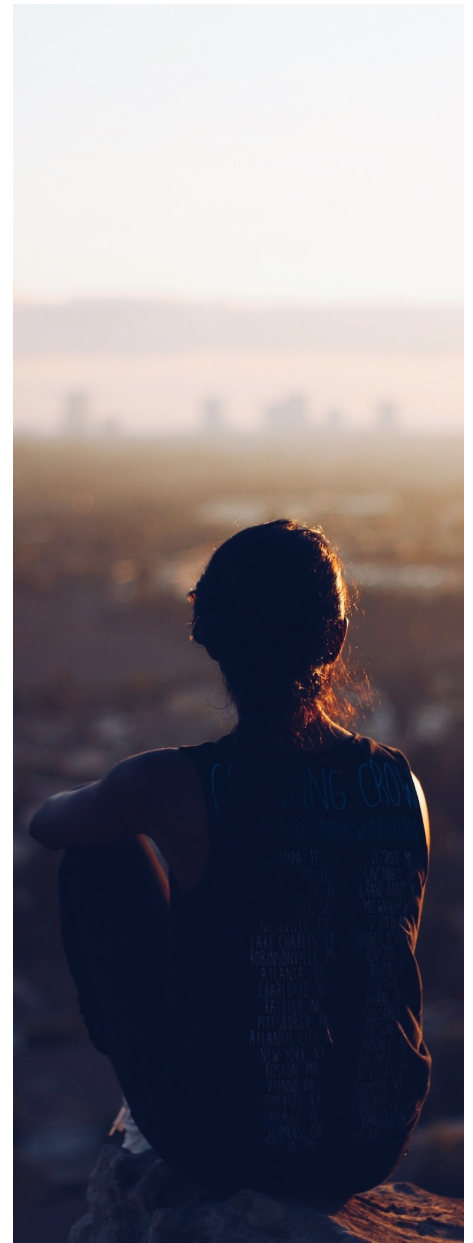
*\* Participate in "20 Minute Hiit Workout" Minimum 3 x this week*

*\* Listen to this week's audio in your NET Time*

*\* Join us on the LIVE call each week for Q&As. Check the Facebook group for details*

*\* Schedule your Mind Body Spirit Activations into your Activation Calendar*

*"It's not enough to have lived. We should be determined to live for something."*  
—Winston S. Churchill



Remember, as you discover your purpose that just like a book, your life has many chapters. It would be pretty boring if we jumped to the end to see how our story ends. Just as in a book or in a movie, your life has a story. You don't start out as the hero or heroine, your story changes as you go along in life and transforms as you expand and grow in awareness.

# Sunrise Meditation & Yoga By The Sea

Sunrise Meditation & Yoga By The Sea (Filmed at the retreat in Spain)

Please join me at least three times this week because we are still laying solid foundations for you that we are building upon. Even if you struggle please stick with it because the benefits are huge.

You will find out why Yoga has been around for thousands of years, it's because it works long term. Feel free go back through previous week's exercises on the other days.

In particular do the "Power Rounds" to keep your energy up and get your heart pumping.

PLEASE SCHEDULE THE ABOVE IN NOW IN YOUR WEEKLY CALENDAR PDF PROVIDED - TO MAKE SURE THIS ELEMENT IS BEING COMPLETED

PLEASE POST YOUR FILLED IN CALENDAR ON THE FACEBOOK PAGE. THIS IS YOUR COMMITMENT TO GREATNESS...

## Lets Connect

### FACEBOOK AND LIVE CALLS

I look forward to speaking with you on the live call. Remember to check in at the Facebook group CONNECT NOW ONLINE Private Mentorship Group for links, times, and other announcements!

If you can't make the call, you can post your questions there so I can answer them for you.

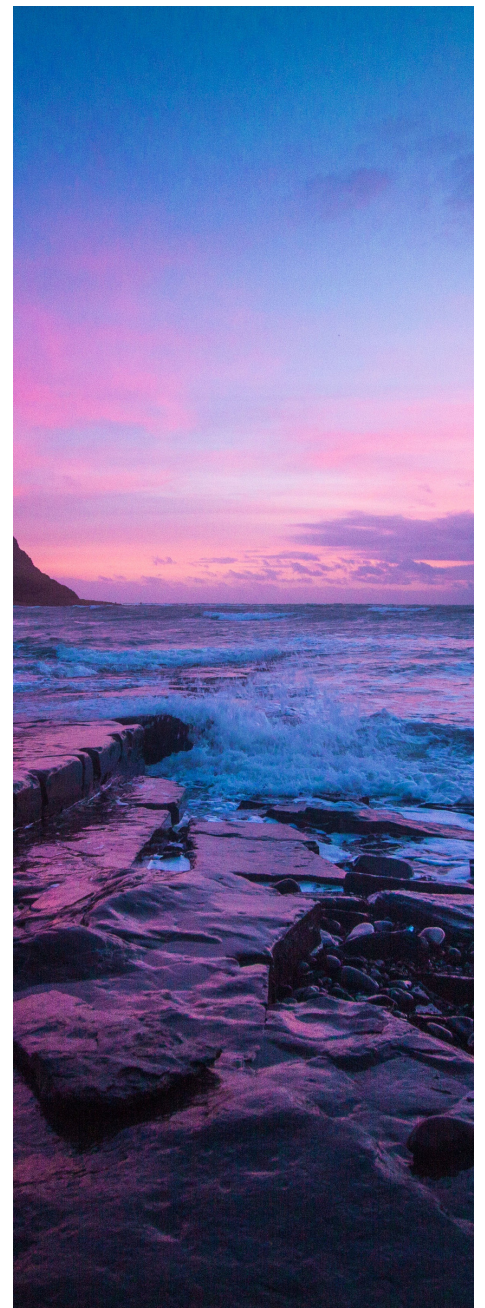
The reality is that your main purpose in life is simply this:

**For you to awaken, re-connect to yourself, become more loving and listen to your higher self's directions rather than the fear of the ego mind!**

Live N.O.W.

Skip

*“Definiteness of purpose is the starting point of all achievement.”*  
—W. Clement Stone



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**The next step for my body's purpose is...**

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**The next step for my mind's purpose is...**

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**The next step for my spirit's purpose is...**

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## Week Four

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