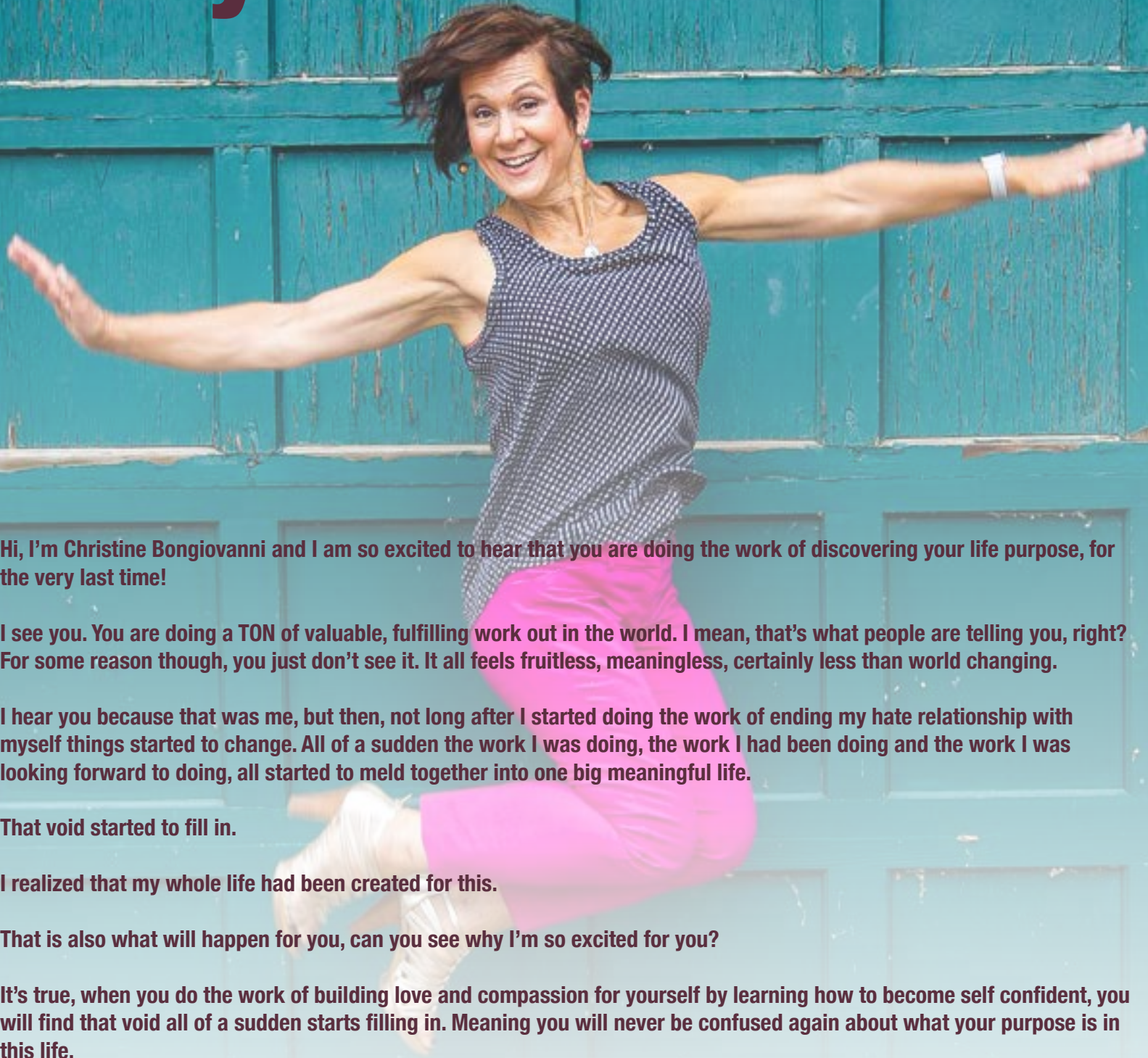


# Your purpose is waiting for you to take action!



Hi, I'm Christine Bongiovanni and I am so excited to hear that you are doing the work of discovering your life purpose, for the very last time!

I see you. You are doing a TON of valuable, fulfilling work out in the world. I mean, that's what people are telling you, right? For some reason though, you just don't see it. It all feels fruitless, meaningless, certainly less than world changing.

I hear you because that was me, but then, not long after I started doing the work of ending my hate relationship with myself things started to change. All of a sudden the work I was doing, the work I had been doing and the work I was looking forward to doing, all started to meld together into one big meaningful life.

That void started to fill in.

I realized that my whole life had been created for this.

That is also what will happen for you, can you see why I'm so excited for you?

It's true, when you do the work of building love and compassion for yourself by learning how to become self confident, you will find that void all of a sudden starts filling in. Meaning you will never be confused again about what your purpose is in this life.

Deciding on your life purpose could be a super easy decision, you might even choose it to be exactly what you are already doing right now. Even if you did decide that today, that void would still remain. You will still feel empty because you still don't love yourself and when you don't love yourself you will never fully believe in yourself, so let's start the work of building up that self confidence already.

Ready?

*What is the point of this life?*

*I have no idea what I want to do!*

*What is my life's purpose?*

The first exercise I am going to have start with to build up that self confidence and self love, is an accomplishment log.

You see, we seem to forget all of the beautiful, and scary, things we've already done in our lives. We forget that the humiliation we felt by not getting asked to go to that special dance, you know, the one that all of your friends got invited to, didn't actually kill us. It's possible that you even had a better night than those girls AND you survived!

When we do the work of writing down all of that we've done, things that you once hadn't done, or couldn't do, or were afraid to do, it gives us self confidence. We start to see the things that we did and realize that at one point we didn't know how to them, but we did them anyway, and survived.

That my friend, is how we build self confidence, by doing something we've never done and not being afraid of the outcome. Knowing that if we fail it doesn't mean anything about us except that we were brave and self confident enough to do it, no matter what the outcome.

Self confidence is knowing that failure, embarrassment, humiliation doesn't mean anything about us and our worth because each of us is equally worthy. Self confidence is knowing that these are just feelings, just vibrations in our bodies that go away and after being bold enough to do the thing, we will feel proud, no matter what the outcome.

Enough reading already, let's get going with all of your accomplishments!

*I feel lost.*

*It feels impossible!*

*My life has no real meaning.*

# ACCOMPLISHMENT LOG



Go ahead and list ALL of the accomplishments, nothing is too small and definitely include the big ones! The whole point of this exercise is for you to acknowledge all of the things you've done that at one point in your life you hadn't done, didn't know how to do and might have been scared to death to ever even try, but you did!

You go already and don't leave one line blank!

Let me get you warmed up by sharing some of mine:

- I learned how to walk.
- Got on the school bus, full of kids I didn't know!
- I learned how to ride a bicycle.
- I had a baby.
- I organized an amazing surprise birthday party.

*Your turn:*

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# KEEP GOING!



A series of horizontal lines for writing, arranged in two columns. The left column contains 18 lines, and the right column contains 18 lines. The lines are evenly spaced and extend across most of the page width.

*Congratulations, you're totally awesome!*

# DAILY ACCOMPLISHMENT PRACTICE

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WOW! You must be completely impressed with yourself now, that's a whole lot of things done that you never knew how to do!

Now that you've completed that I want to encourage you to continue on with a daily practice of writing down your accomplishments.

"You want me to what?!?"

Let me tell you why, but before I tell you, I have a question for you.

How often do you make note of the good you do in the world, on a daily basis?

My guess is not too often. If you're like most of us humans walking around on this earth, you are doing a really good job of noting all of your failures. All of those things you said you were going to do but didn't, how you weren't going to be rude to that annoying person on the elevator but you did. Don't worry, it's totally ok, your brain is just doing what you've been teaching it to do.

Are you ready for the reason why I want to suggest you start writing down your daily accomplishments?

This is going to be the second step to of re-wiring your brain's trained habit of looking for all the wrong you did in the day and start focusing on all the right.

This is the second step that will to help you to become more self confident.

Change takes action, massive action.

You are going to change your brain one day at a time until it starts to always look for your positive accomplishments and start changing the meaning of what it now considers negative actions.

When you start doing this your brain will start looking for what you've done well in the world. It will stop wasting energy ruminating over the negative things that happened in your day. It will start looking for possibility.

*When you start seeing possibility, you start seeing your purpose.*

Let's do this!

Every day, at the end of your day, write down all of the amazing things that you accomplished.

# DAILY ACCOMPLISHMENT LOG

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Monday:

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Tuesday:

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Wednesday:

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Thursday:

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! My life is awesome!  
!

This is totally possible!  
!

! I've got this!  
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Friday:

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Saturday:

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Sunday:

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Summary of this week's amazingness:

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Yes! Now let's do this again,  
**EVERY WEEK!**

# FINAL TIPS

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1

Stand tall and open your chest.

2

Breathe like you mean it.

3

Dress up and own it.

4

Speak up.

5

Smile.

6

Talk about your future.

7

Read and listen to positivity.

8

Give compliments all day and mean them.

9

Memorize what courage feels like.

10

Just be awesome.