

Workshop Opportunity

# The Identity Blueprint: Crafting Your Life's Purpose



Who am I? What is my purpose in this life? How do I feel about what I do? You may have asked yourself similar questions at some point in your life, maybe even today. With the state of the world and our immediate surroundings, we all are being challenged daily to stay focused and contribute our best efforts to better the world. The journey begins with discovering our purpose and the many talents and gifts we already have or are willing to learn. The classes with the certified Mindfulness and Life Purpose Coach will cover topics such as self-reflection, discovering the bias, mindset, motivation, and planning to name a few. This course will help you identify your skills and abilities, likes and dislikes, and preferences, and go a little deeper than you could ever imagine. We will use a series of scientific methods and walk you through the path of self-discovery. Be ready to get organized and write your script for your life!

Identify influences, passions, and interests.

Reflect on talents, personality, and life changing experiences.

Define a purpose, potential obstacles, and establish a vision.