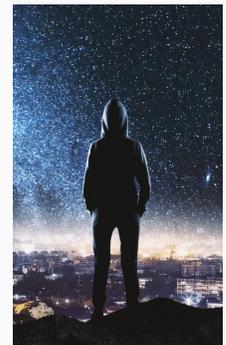


RECONNECTING WITH YOUR PURPOSE

It's easy to get burned out by the day to day demands of life – ultimately, drowning out the things that really matter to you. Devoting time to things that cultivate passion, foster creativity and bring about purpose can grant you life satisfaction and bring your potential to new heights.

- Study those that inspire you. Watch interviews, read books about them and if you know them personally – reach out and talk about their journey. Surround yourself with inspiring people and make sure your closest circle isn't contributing to limiting beliefs.
- Take a walk to exercise your creativity. Use that time to think alone, grab a partner to bounce ideas off or simply listen to a podcast that motivates you.
- Let go of other's rules you've adopted. If you constantly find yourself going through the "it's not the time to" "I don't have time" or "I can't's", you may have lost sight of how you actually feel in order to take on responsibilities. Let go of limiting language and find what you love.
- Schedule time. Even if it's just 10 minutes of dedicated time to doing something you love each day. Take note of how you feel after. Once you get in a good routine, increase the time and notice how nourished, energized and connected you feel when your actions align with your passions.
- Create a vision board. Clarify, concentrate and maintain your focus on your goals by using imagery. Create a plan use your board as a daily visual reminder



You might've not exactly discovered what you are passionate about, and that's okay. Passion and purpose are usually found in the journey, not at the destination. Try something new every time you get a chance. Read and explore new things that you may have otherwise skipped over. Visit places you haven't heard of. Every new experience can bring you closer to your new hobby and/or passion.