



Find your thread.

That thing you are meant to do has been trying to connect with you through all of your experiences. Use this exercise to find the thread that runs through your journey pointing you to your purpose.

1. On a piece of paper, create 3 columns. There is power in the act of writing this out by hand, but computer works too.
2. In the first, write a list of all the classes you that stand out from school, all of the jobs you have had and all of the hobbies you have tried.
3. In the second, write all the things you disliked about the experience.
4. In the third, write all the things you loved about it.
5. Find the patterns. What do they tell you? What do you need to make more space for? What do you need to do less of?

Find the thread that brings the most joy and use it as a guide.

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