

Be Clear on Your Purpose

SPEAKERS

Marisa Santoro

Marisa Santoro 00:00

Hi there.

Marisa Santoro 00:01

I'm Marisa Santoro, founder of In Our Shoes Gutsy Leadership Academy. Today we're going to get started in our second module in the success principles program or otherwise known as how to get from where you are, to where you want to be. As we're going through this program, once again, I'd like you to focus on one or two gutsy breakthrough goals that you want to accelerate and achieve. These can be breakthrough goals, either on the personal front or the professional front, or one of each, whatever it is that you want to break through, to achieve in your life. All right? And I can't wait to get started.

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We're diving into success principle two which is deciding what you want, and setting the vision and then moving forward to the goals and the action plan that you want to put in place. Now, in this module as a first phase, we're going to be doing a lot of work around your why, deciding on what your life purpose is, deciding on what makes you tick, what brings you to life. And once you get really clear on what that why is, then we're going to shift into the what, which are your goals, and eventually to your action plan and to the steps that you need to take in order to reach your goals, otherwise known as the how. So just setting the stage here we're going from why, to what to how, and I can't wait to get started. Alright, so let's dig in.

Marisa Santoro 01:53

Here, we're going to be clarifying your purpose. This is your life purpose and your vision. So let's talk about what that means discovering your life purpose. Well, to be very clear, and concise, without having or uncovered or declared your purpose, it's really easy for for us to get sidetracked and wander and drift without any direction. And I think you know what I mean, we've all at one point in our life, or maybe even right now for you in your shoes, we're reacting to the things that are happening in our life versus being proactive, or what I like to call a state of intention. So when you're reactive to everything coming at you, you are not creating what you want in your life. And you're kind of being dragged around with other people's agenda versus your own agenda, your own breakthrough goals, the things that you want to achieve. So it's really important, setting the stage here before we go any further in the program, to get clear for yourself first, on what it is that really drives you. And we're not just talking about the present. We're going to be going back and digging into the themes and the common patterns that have always been there. And we're just going to shine some light and really reflect on how everything in your life has led you to where you are right now. So with a carefully developed and clearly stated life purpose, the beauty of this work is that you can develop a clear set of criteria for making all of your major life decisions. So what that means is, is that when you're clear on what your purpose is, you

know, who you want to talk to, and who you don't want to talk to you, you know what meetings to take, and what meetings you shouldn't take, you know what emails or phone calls, or whatever projects are coming your way. And going back and asking yourself if your life purpose is, is being met, and if this isn't aligned with what you want. So that's another reason why we're doing this work up front, because later on when we're doing our action plan, everything will flow back to your why where you will become programmed and wired to ask yourself before, especially if you're unsure of whether to do or go in a certain direction or not. So this work really sets a lifetime's worth of meaningful and fulfilling goals. And then all of a sudden the opportunities and the choices that you make are either aligned or they're not with your life purpose. So clarifying and pursuing your why, your purpose will not only get you to where you want to go, but it will also make your journey so much more enjoyable. And then you can develop and use those natural talents, those natural abilities and the resources that you have, and then just put them to the highest and best use for yourself, for your family. And for the world.

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I'd like to share with you a key number one characteristic of high achieving successful people. This is all based on the work that we're starting right now, which is they all have one thing in common. They are all really clear. They have unusual clarity of purpose, their mission, their vision, their values, their goals and their objectives. And that's laying the foundation for what you too will reach as well. Clarity to competence to vision to goals to action plan. That's how it works. All right. So setting the stage here, this is going to be a really eye opening, self reflective and fully aligned experience as you go through each of these exercises.

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So in this module, I'm going to give you a bunch of exercises, but we're going to kick it off with your life purpose exercise. And it's a four part exercise. And it's really the reason that you strive to achieve the results you're looking for. So your life purpose exercise is going to really allow what you love to emerge and ask yourself what makes you come alive, and then go do more of that. Because the truth of the matter is, the world needs more people who have come alive. When you're doing this exercise, I want you to think about how your friends would describe you. And really tap into the talents and the unique gifts, that just come natural to you. So let's get started I'll I will walk you through the life purpose exercise, also using my story so that it's really clear on how this works.

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So the first question I'm going to ask you is, number one, list two of your unique personal qualities that either your friends or your family would describe you as or something that just really, really comes to mind to you right now. So I'm going to start with myself to walk you through this. Two of the things that I absolutely off the bat with, and this has to come from your gut, by the way, don't don't spend too much time thinking about it, it's just whatever comes up for you immediately is from your gut, it's your instinctual thought, and so honor that and be really present to it. When I get this for myself, the first actually three, I should say, qualities that came up for me, based on feedback I've always been given, since I'm a kid, and even now is that I'm incredibly motivating. I'm incredibly empowering. And I'm very creative. So those are my three personal qualities. So let's think in terms of what yours are, and take a little bit of time to do that.

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And now we're going to go on to question two. Now you want to think of one or two ways that you most enjoy expressing those qualities when you interact with others. So using me as an example, again, two ways that I can think of which comes immediately to me from my gut, is that I've always really enjoyed writing and speaking. So those are two of the things two of the ways in which I express my unique personal qualities. Now I've done this exercise with with former students. And one of the things that often comes up is a sense of humor. A lot of people tell me Well, you know, I'm, I'm really funny. And so I like expressing my unique qualities through humor. Some people have said that I have a very quiet and peaceful disposition. So one of the ways I express it is just creating, a very trusting and safe space for people. So it doesn't necessarily have to be, something you're actively doing like I said, speaking and writing, just think about ways in which you know, since you're a kid, have always enjoyed expressing your qualities. And for me the reason I thought of writing, and I'd like you to think back to when you're a child on this one, because when I was a kid, I can remember as early as four years old, four or five. I was writing in my diaries, I was journaling in diaries, I still have them. And so I know that writing was just an innate thing that I was attracted to. So think about the things that you've been attracted to maybe you did things with your hands, maybe you were very creative. So let's think about that. And now let's go on to the third question of this exercise.

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I'd like you to describe the world as you would like to see it, if it were absolutely perfect right now. I want you to think about how everyone is interacting with one another. I want you to think about what the world feels like. And I want you to consider this perfect world of yours as a really, really fun place to be. So sharing my perfect world, when I did this for myself, is for me, everybody is supporting each other, everyone has a unique skill, that not everyone has mastered. And so if we go back to ancient times, for instance, when one person learned how to create tools to catch fish, for instance, you know, like sharp rods, or pieces of wood in order to catch fish,

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or,

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the hunters and the gatherers their role and their tool set of doing that. So they could bring back food to the family. And then you think about the ones that stayed at home, typically the male female role, who nurtured the family who cooked the food, so that, if you go back to in my perfect world, it still applies if I go back to way back when in history, but in today's world there might be someone who's really, really good at marketing, or someone who's really good at creating, or designing or someone who's really good at doing accounting so, in my perfect world, not everyone has mastered everything, everyone has mastered one or two really incredible things that they love. And they're merely going around and exchanging and forming communion with one another, and supporting one another. And it's just like this total equality. And everyone's just everything's running like a well, a well oiled machine humming along in my perfect world.

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Now, the last question is just combining the three former statements into one single statement, to come up with your life purpose. And listen, don't worry, if you haven't mastered and knocked out this exercise right away, you may have to do it a couple of times, you also have to be in the frame of mind, clear your mind, light a candle, listen to music, whatever raises your vibration, and digging into this exercise. So you're totally allowed to go through this more than once.

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So let me tell you or share with you what I created after doing this exercise my number four. So my purpose is using my natural motivating spirit. And remember, I had shared that one of my unique qualities is motivation. My purpose is using my natural motivating spirit, to create channels for people to consistently grow and empower themselves. So everyone's helping one another, everyone's empowering each other there are channels and communion among one another. So that's my purpose. And anything that is not aligned with in some way, creating that world, which I live in my why, then I'm very clear, that's not a choice or direction that I want to go into. So basically, what's the point of doing this? Coming to your why coming and uncovering your life purpose, and aligning your goals with it. But really, really thinking back, think back to the times when you were younger. Or maybe not so long ago, and life just flowed effortlessly. Things just worked out. Things just fell into place. You were in the mode, you were in the zone. This can be just an event that you're thinking back to. The reason why life flowed effortlessly downstream like a river, is because you were in a very high vibration, and you were doing what you were passionate about. You were living life feeling alive, and you were most likely expressing that joy in one of the ways that we talked about question number two. So that's the first exercise the life purpose exercise and have fun with it. It's really powerful and it's required to keep going on in the program really, really key.

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I also want to make a really big statement here. After you're doing these exercises, and this applies actually to the whole program. I want you to share it with people that love and really care about you, share it and talk about what you're doing to express your life purpose, and what you could do even more to express it more fully, and share the ideas with them. Because there's energy in that, and if you bottle it all up, and you do these exercises, even in this program, and you're not opening the doors wide open and putting yourself out there, and expressing what your why is and why you're doing the things you're doing, why you're making the decisions you're doing, then you're not giving your life any legs, you're not coming alive. So don't bottle it up, don't hide under the table, don't hide under the radar. For a long time, and I'm sharing, I'd like to share a personal story, when I was down on Wall Street in corporate,

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advancing to the senior levels. I for a while wasn't sharing that I wanted to be a coach that I wanted to work with professionals that I wanted to really empower people. I was just sharing it maybe with one or two people in my family, but I wasn't really taking the lid off and sharing it with people. And then once I started doing that, all of a sudden, I was getting connected to people, I was getting invitations to meet people introductions, and these opportunities and these resources and these invitations led to really big things down the line, maybe not right away, but you never know where that door is gonna go. So it's not enough, I'm going to be really clear, it's not enough to do these exercises, and then just hide it under

the rug behind closed doors, you're going to open the windows and start sharing it and give this some legs some life and energy, because it's real. And it'll also have you create your reality, as you're talking about the things that you love to do. So a lot of women that I have trained and coached for example, have who are transitioning from one job to another, have found this to be extremely useful, because just talking about their new goals and new purpose and why has really accelerated them to keep going. Okay, so just keep that in the back of your mind throughout this program.

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Now the next thing that I'd like to talk to you about is an exercise called What do you want? And what I'd like you to do is focus on three areas of your life, I'm going to give you some questions and the exercise that I'm going to talk to you about them right now. And I want you to consider if you can have one thing that you do not have right now, what would it be? And I want you to grab a notepad right now. And journal it out and whatever comes up for you from your gut, I'm going to ask you a couple of questions right now. And these, again, are just to get you started and focused, because I know that you know what you want. But I also know that you're not clear enough. And when you're not clear enough, you can't attract and really bring those things to you. So this exercise is all about clarity. So first question on the financial front, I'd like you to share what is one thing that you would like to have in the financial area of your life. So as an example, you can say, I'd like to make \$100,000 a year in my business, or I would like to make \$200,000 in, as a professional working in my company, whatever that might be. So one financial goal be really clear. And let's give it a number. Second question, I'd like you to share one thing, one relationship that you would like to create in your life. So one relationship, as an example, this can be some, for instance, you'd like to spend more time with your partner, or you'd like to have more peace with your family with your mom, one relationship change that you would like to create for yourself. And then the third, the third question is one possession that you would like to own that you don't own right now. So as an example, it could be a bigger home, it could be a boat, it could be a piece of jewelry that you may not feel you should spend any money on or can afford. So one possession that you would like to own that you do not own right now. So why am I going through this with you? There are actually several areas of your life that I'll ask you to uncover but rather than go through all of them, I just chose three. You can do this exercise in any area of your life, your spiritual, the professional, the health check, whatever area you want. I just chose three but I'm doing this because it really forces you to take a moment right now and think about what you want. And just keep thinking about what you want and writing down what you want. The reason why writing down what you want is so key to your life is because they say it takes 17 seconds to lock in whatever it is that you will attract to you. And taking that time and process of writing it down in journaling is usually met within 17 seconds. So, so let's get those down. And, you have the exercise on this in the module.

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The next exercise that we're going to cover is called the joy review. And this is a really fun one, the joy review is, is based on the fact that

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we were born, with a little GPS inside of us, called joy. And that's what joy is. So, in other words, if you're not feeling good in any moment, then you're not going to attract the things that you want to you. But if you are feeling good in any moment, then you were vibrating at a really higher frequency. And

you are attracting the things that you do want. So there's a reason why we were given this little GPS system. And in this exercise I want you to consider times when you are experiencing the greatest amount of joy. Just think back to areas where you're experiencing the greatest amount of joy. And I want you to think about the themes and the patterns that have come up when you consider experiences. Now these could be way back, or these can be even a couple years ago, or even this week, I just want you to look back and and consider all the common elements. What do you see? When are you really vibrating at a higher frequency energetically, when were you just in the flow? Remember, we talked about downstream river flowing, when were you in the flow, because when you're feeling like you're in the flow of life, that's when you're experiencing the most joy. So think about what you're seeing, invoke all five senses, think about what has excited you, where you've just like squealed ever, ever, like looked forward to something so much that you've just like literally squealed with with just happiness? So think about when you were the most happiest. And let's jot them down in this joy review, and I walk you through it in the exercise. The beauty of joy being our little GPS is that it tells us if we're off course or on course. So if you're not having a good day and you're not feeling good, then you're aware of it. And you will probably not be attracting or really accelerating anything that you want in your life, no matter how many hours you're working. So I always tell people, if you're, let's say, a writer, and you have to write X number of articles every month, and one of those days in the month, you're not having a great day, and you're sitting down to write your article and you are spending hours of time writing that article, I will tell you that energetically it will not matter how much time you're sitting at your desk, because if you're not in a state of joy, and fulfillment, then you're not putting your full self into that exercise. And you're not aligning with with your why and with your purpose. So it's not really about the amount of time you put into your work. It's about the the quality of that time and how much your joy GPS is is enabled. So have fun with the joy review exercise. It's also really enlightening and self reflective. And again, making a list of the times that you were the happiest and looking for those common elements. These exercises are again meant to give you unusual clarity. Remember, I talked about the high achieving people the number one characteristic, they all have unusual clarity. And my hope is that as you do all these exercises, you'll start peeling back the onion, each layer and getting to your core. And your core is not necessarily just showing up today, I promise you that once you keep peeling back those layers you're going back and you're going to see that there have been so many things that have

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have surfaced in your life that were not coincidental. They were there for a reason aligned with your higher spirit and what what you've always been called to be and to do. So again, this is all about clarity, confidence and having the strength. Clarity to confidence and the strength to really keep moving towards the desires that you want in you in your life.

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Another exercise, which is fun is called 20 things I love to do. And this is where you're jotting down. Again, anything that comes up for you, things that you have always loved and enjoy to do. Now, don't worry about if you're not actually doing these things, it just talks about, it's just about getting down on paper, again, journaling, what are some things that you love to do? So one of the things that I've always loved to do that immediately came up for me is swimming, is writing is hiking anything nature related kayaking, these are the things that bubbled up for me. So just write it all down, I came up with a list of

25 when I first did this. So again, thinking about 20, things that you love to do, and, and really recognizing that at the end of this exercise, and just kind of like parking this somewhere in your memory. When you're creating the life that you want, how you can incorporate a couple of these things in the life that you want. So as an example, I once attended an event with a really recognized trainer. And one of the things that she would always do is always have some dancing at the end of each of her events. And dancing had absolutely nothing to do with the topic that she was teaching. But she had to have dancing at the end, because that was one of the 20 things that she loved to do. And so she just invited the entire audience to just get up and dance. And sometimes she would do it. Like during a break. Or if she saw after lunch, people were kind of like sluggish and slinking in their chairs, she would say, okay, DJ, turn on the DJ, and then everyone would just dance for five minutes, and then go sit down. So that was something that she weaved into her business. And I've always thought about that when doing this exercise, because there are things that you also love to do. And so from a professional point of view, as well as personal think about the things that you love to do, when you're doing other things and how you can kind of weave those in. And, just keep them really present for you and not necessarily have to be have to be planned or, some of these things can be spontaneous as well. In this exercise, after you've write down the 20 things, I want you to go back to the list and I want you to notice that there are actually, I'm sorry, this, this is a misprint, this has seven columns, there are actually six columns in the exercise that I give you, where I want you to put little markers next to each one. And what are markers? Markers are things that that meet one of these six conditions.

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So the first one is a heart. If this activity is something that is really important that you do with someone else, then give it a little heart sign. So as an example, my partner loves to do road trips, he loves to drive, it doesn't matter where he drives, he just loves it. He loves to drive and, and yes, he loves to drive, but he doesn't like to drive without me, he likes me to be with him. And so that's really important for him. So he would put a little heart next to that. So if there's anything that you love to do on that 20 things list, but it really depends on having someone else, your significant other with you, then put a little heart sign next to that. Second thing, if one of the 20 things cost more than \$10, then put a little dollar sign. And the reason for this is that as you go down the list after you're done, you'll start to see wow, I actually have a lot of things on my 20 things I love to do that don't cost more than \$20, not more than \$10. So that's a very telling statistic, because now you can actually do more of that it doesn't cost you much. The third marker, does this activity work better if you plan it, or whether it's spontaneous? Totally off the cuff. So put a little P or an S if it's planned or spontaneous. And again, after you review your list, look for the P's and look for the S's that'll tell you a lot about whether you're a spontaneous person or you're leaning more to structure and planning or maybe a little bit of both. The fourth one is really interesting. Would this have been on your mother's or father's list in your opinion?

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So are you more like your mom, or more like your dad or a little bit of both, or maybe neither. Maybe you're just your own person, none of your parents passions, or things that they love to do would make it on your list. So this is also another indication of who you are and what makes you tick and how you're wired. When you're looking back at the M's and the F's. Fifth thing is, is this something that you just started doing in the last five years. So I will share kayaking, I was not raised to kayak, I was actually not raised anywhere near nature. I was raised in, in Brooklyn in New York City. And that's not really an

excuse, because I could have had access to it. But my parents really weren't into that. So I didn't really have access to nature, but I was as an adult, and I started hiking, later on in life, but I didn't start kayaking until about five years ago, and I love it. So this is something that I recently started, I think it's actually just about five years now. Think about the things that you love to do that you've just started doing within five years or less? And lastly, is this something that you like to do by yourself? Or is it something that you like to do with other people, just put a little P or an A Next to that as your marker. So again the point of this is that after you do your list, you're able to reflect and see all of the things that make these things come alive, and the patterns and the themes around what you love to do. And it's really telling in terms of what really makes you up as a human being and how you're wired and what lights you up. And also, if you're sharing this with your family or your significant other, this will give them so much light into what lights you up, and what makes you alive, right, and giving yourself permission to do more of those things with your partner, or more of those things by yourself. So this is a really powerful exercise. Again, the purpose of this is to lean you towards the things that you love, so that you can do more of them, possibly make a living weaving those things into your professional life. And, and keeping the high vibration high frequency up and going.

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Now, the next exercise is called the passion test. And this is an assessment, a really fun and powerful assessment that was created by Janet Atwood. And you can go on her website, thepassiontest.com to get more information, I'm just going to walk you through the worksheet that you will have in your classroom. And I'm gonna go through this with you now sharing my own story. Why is the passion test so key to this work? Well, it's an incredibly powerful way, another powerful way to get clear on what you love and what you want in your life. And you're going to come up, come away with literally walking away with a story, your story about what lights you up and makes you feel alive. And so I'm going to unpack it for you right now and share with you how I've used it for myself. It's also something that I recommend that you do at least twice a year, if not every quarter, to get another assessment of where you are and what you're, what your passions are. And it's a really simple tool to do yet with incredibly powerful results. And, and it's just all about asking yourself, and considering what would life look like, if you were living your passions every day? What would life look like? So let's get started.

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Step one, I want you to think of 10 things that would make your personal or work life absolutely ideal. And if you were living and experiencing these things every single day and they were accomplished, you would feel absolutely fulfilled and complete. Why don't you use words that end in ING action words, so that we have more energy, give it more energy, as an example enjoying, relaxing and loving. So as an example sharing with you what I came up with, when I first did this is I shared that one of the things that was really important to me at the time when I was working in corporate was that I didn't have enough time with my kids. And I was really missing that. So I had put down as one of my 10 things is playing and having fun with my children. So playing and having fun with my children. So write down whatever comes up to you 10 thing anything that bubbles up, and you really can't

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fail this. It's not a pass fail type of test. It's just digging into the things that if you had them right now, and you get to choose what you want to do every single day where you would feel absolute fulfillment and

completion. What would those 10 things look like? What would those 10 things be? On to step two, I'd like you to take that list of 10 and just choose up to five your top Five out of the 10. Okay, so how do you come up with your top five? Well, if you're not sure how to do this, and to pick off your top five, your top five, because you feel equally passionate about all of them, then I would just invite you to take one against the other, compare one against the other. And just ask yourself, Well, if I had to have this, or that, which one would I choose? So if I had to choose between playing with my children, and let's say another passion was learning to play piano, that's really important to me. But it's not really as important to me than playing with my kids. So that would go off to the wayside. Or if you had to choose between traveling

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and

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getting a new salary, having a new salary, and having financial freedom, for instance, is one of your top five passions. If having financial freedom is more important than traveling, then you would eliminate traveling. So that's just a little trick you can do if you're not sure what your top five is. And then, once you pick your top five, I'd like you to rate each one on a scale of zero to 10, where zero means this passion is not present in your life right now, or hasn't been. And number 10 is where you are fully living this passion, you're fully living this passion. Now, they say that there's only really realistically three to five passions that you could focus on at any point in your life. So the goal is, is to start incorporating at least three to five passions on a daily basis in your life. Why? Because passionate people are set in motion and are constantly in the pursuit of their highest purpose. So if you focus on three to five things that set your life up to be passionate, then you've set your life up to be successful, and you get to design the life that you want. So let's pick five and give them some ratings on a scale of zero to 10. And the next step is step three write a story now, around those five passions that you picked, just journal out a couple of sentences, no one has to see it. Although you as I said earlier, I encourage you to share it after you're done. But right now, jot down in your quiet space, a story of what your life would look like if you were fully living that passion. Please invoke all five senses give as much detail as possible. What are you doing? What are you wearing? And what are you experiencing? And I want you to consider three to five markers, three to five markers in the story that you write. So that there is absolutely no doubt that you're experiencing it when it happens. So let's go back to my example, I shared with you playing and having fun with my children is one of my passions was one of my passions. So a really big marker for me, I didn't even have to think about this. A huge marker for me is if my son is less angry with me, I know that I'm experiencing playtime and having a lot of fun with my children. My son was it was really difficult for him when I was working in corporate because I left early in the morning and I came home late at night doing long commutes. And so I didn't have a lot of time to spend with him. And he was really angry with me a lot. And so I knew that if I can create an experience this passion of playing with my children, where my son is no longer snapping at me. And getting angry with me, that would be a key marker, where I was absolutely certain that I was experiencing this passion. Another marker is learning to tell more jokes, or just sharing jokes around the dinner table. That would be a key marker if we're all being silly. Another key marker, if there's more peace and harmony in my house that I don't feel so much anxiety around my children at night where I used to be impatient and, and really with a short fuse because I had to get up early the next morning and storytime wasn't always possible.

If I felt that harmony or free flowing evening time then I knew that was one of my markers. So just think about the things that would show up for you when you're experiencing each of these five passions and just write a couple of sentences around it. And again, share it with those that care about you and especially your significant other or family so that they they can learn more about what lights you up and give you permission or you give yourself permission to do more of what you love to do. I want you to commit to just three to five of your passions that you just jotted down three to five. You know, it's not enough to do this feel good work, and then just say okay, Marisa, I did my exercise moving on, it's not enough, you have to commit, you are committing to yourself by doing this program by investing in yourself. So I'm going to gently nudge you, and ask you to commit to what you love to do in your life. The world leaves needs more alive people, the world needs more people that light up. Because when you're lit up,

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you're lighting up other people, your, your presence, and your passion is overflowing. And it's a ripple effect of everyone around you. And you know how this works. If you're in a grouchy mode, and you didn't have a good day at work, for instance, you come home, and then everyone in the house feels it. I know, because being really honest, that was me. And I didn't like it. And I didn't want to take responsibility for it. But the truth was, is if I were able to park my frustration at the door, when I came home at night, I would not be creating any anxiety when I entered my home. And so as an example, playing with my children as one of my top fashion passions, was my commitment to my family and to myself. So this isn't enough to just journal and write it down, you have to commit to at least three, at least three passions and start incorporating them into your life and being really present to them.

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Now there's another exercise, which is a guided meditation or visualization that I will walk you through. And this has been instrumental for me when I had first started transitioning to my new profession, which was coaching and training. So let me just kind of set the stage of what this will look like, again, and another tool in your toolkit here for you to get really clear on your why. So in this meditation, I'm going to ask you to, I'm going to walk you through a scene where you're out in nature, and you will receive a gift, and I want you to draw the gift that you received at the end of this exercise really powerful. When I did this exercise for myself, I, I got really clear on what my gift was and what my talents were, and what my purpose was. And one of the things that came loud and clear from doing this was that I give others permission to lead a life that they love to ask for what they want to go gutsy in their life, and accelerate the things they want, by giving themselves permission. And by tapping into their intuition. So don't worry about if after doing the meditation, that doesn't all come to you. It's really just important that you give yourself permission to, to let it flow and and put yourself in a really quiet space when you're doing the meditation. So I'll guide you through that, it's an audio and it's really fun. So what I would like you to do at the end of this exercise of this section of the module, is I want you to get really clear on what your life purpose is, and describe whatever visualization came up for you, at the end of the meditation and the image that you received. And again, being really honest with yourself first,

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on a scale of one to 10. Are you living your life purpose? And what would that number be right now? And if you could live your life purpose more fully, what are some of the things that you could be experiencing so I could live my life purpose more fully if I were and then fill in the blank.

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Next steps, we have a lot of assignments in this module for you to get started with. Take your time, this isn't a race. This is a lot of inner work. And you're going to learn a lot about yourself through these exercises, your family and those who love you will learn a lot about you. And you're going to get really clear and aligned with what your purpose is. I want you to own it. I want you to own whatever comes up for you, even if it is appearing to contradict with your current present. And not resist that contrast. And as always implement at least three things every single day. Following through with whatever comes up for you in your gut that inspired thought, which was not random implementing three things a day to move you towards your gutsy breakthrough goals. All right. I can't wait to hear how you do and dig in, have fun with this. Bye now.