



7-DAY FINDING YOUR PURPOSE CHALLENGE



LM MAGAZINE BY SARA FERNANDES

"The meaning of
life is to find your
gift. The purpose
of life is to give it
away."

- Pablo Picasso

WELCOME!

7-Day – Finding your Purpose Challenge

This workbook is your guide to finding and following your purpose over the next 7 days.

Each day offers prompts and activities to help you reflect, dream, and take actionable steps toward a meaningful life.

Set aside time each day to focus on yourself, and get ready to uncover what truly matters.

I hope you enjoy the process, it doesn't need to be hard or overwhelming and you can always come back and tweak them.



Cover Photo by [Alexa Williams](#) on [Unsplash](#)

My commitment

7-Day - Finding your Purpose Challenge

I, _____, commit to dedicating the next seven days to exploring and uncovering my true purpose. I promise to approach each day's challenge with an open mind, curiosity, and the courage to dream big.

I understand that this journey is about progress, not perfection, and I give myself permission to embrace every insight, breakthrough, and even the moments of uncertainty along the way.

By taking this step, I am choosing to prioritize my growth, reconnect with my passions, and create a life that feels deeply meaningful. I am ready to discover what makes my heart light up and take action toward living a purpose-filled life!

date:

signature:

Monthly Planner

I start my challenge on the:

MON.

TUE.

WED,

THUR.

FRI.

SAT.

SUN.

7-Day – Finding your Purpose Challenge

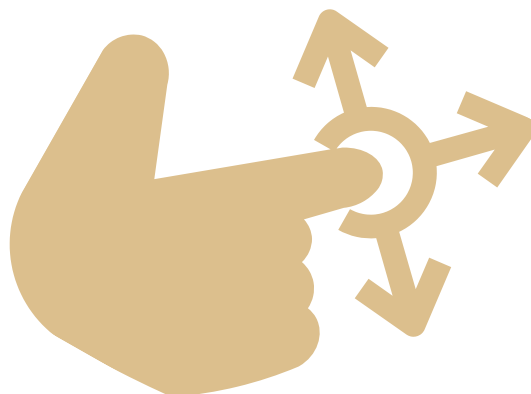
Day 1 Reflect on Your Joy

Write down 5 moments when you felt happiest or most fulfilled. What were you doing? Who were you with? Explore the patterns in these moments.

Activity:

Draw or describe an image that represents your happiest moment.

Use the next pages in this Workbook to complete these assignments.





Activity:

Draw or describe an image that represents your happiest moment.

Day 2

Identify Your Strengths

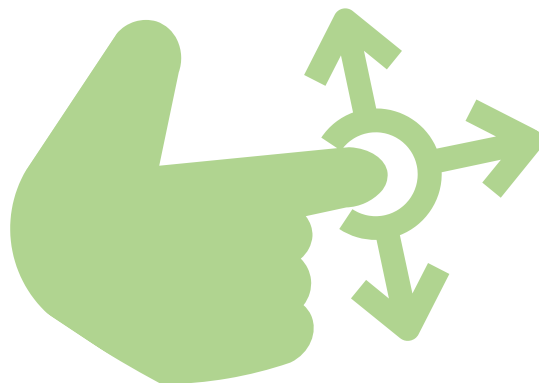
List your top 5 skills, talents, or traits. Then, ask a trusted friend or family member to share what they see as your unique strengths.

Compare their perspective with your list.

Activity:

Circle the strengths that resonate with your purpose most.

Use the next pages in this Workbook to complete these assignments.





Activity:

Circle the strengths that resonate with your purpose most.

Day 3

Explore What You Value

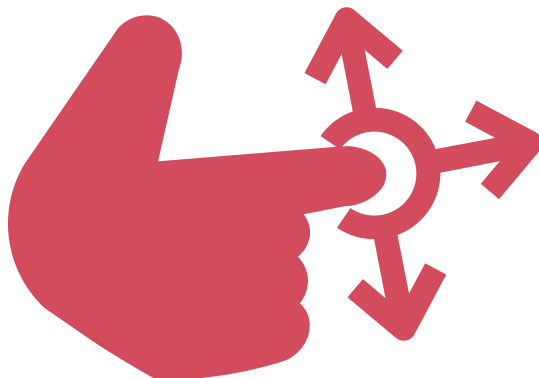
Reflect on the causes, people, or ideas that matter most to you.

What would you stand up for? Write down your top 3 values and how they influence your decisions.

Activity:

Create a personal values statement using your top 3 values.

Use the next pages in this Workbook to complete these assignments.







Day 4

Recognize Your Impact

Think about the times you've positively impacted someone else's life.

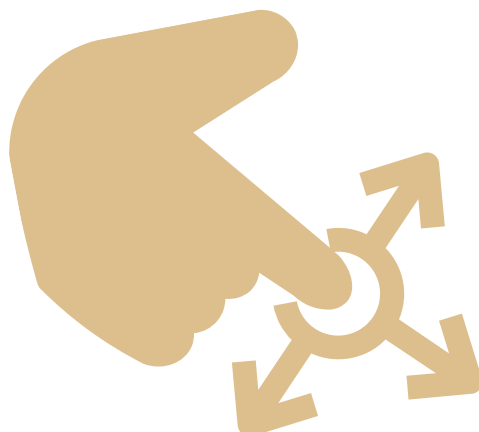
What did you do? How did it feel?

This can reveal the kind of difference you want to make in the world.

Activity:

Write a thank-you letter to yourself for these contributions.

Use the next pages in this Workbook to complete these assignments.







Day 5

Dream Without Limits

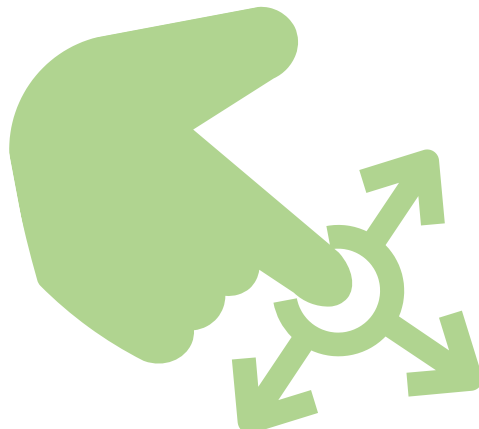
What would your life look like if money, time, or fear weren't factors?

Write a detailed vision for your dream life. Let your imagination guide you.

Activity:

Create a vision board by sketching or attaching magazine clippings/photos.

Use the next pages in this Workbook to complete these assignments.





Activity:

Create a vision board on this page by sketching or attaching magazine clippings/photos.

Day 6

Define Small Steps

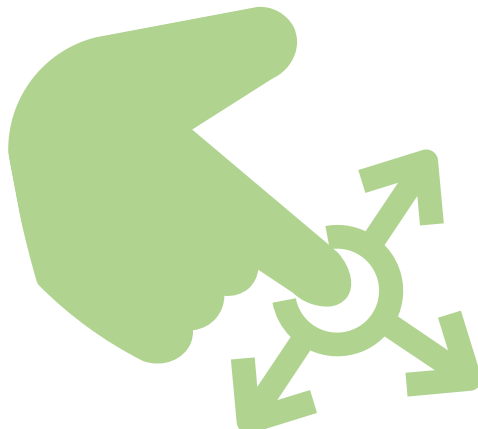
Break your dream into smaller, achievable goals.

Choose one thing you can start doing this week to move closer to your purpose.

Activity:

Create a to-do list for the first goal you will work on.

Use the next pages in this Workbook to complete these assignments.





Activity:

Create a to-do list for the first goal you will work on.

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NOTES :

Day 7

Celebrate and Commit

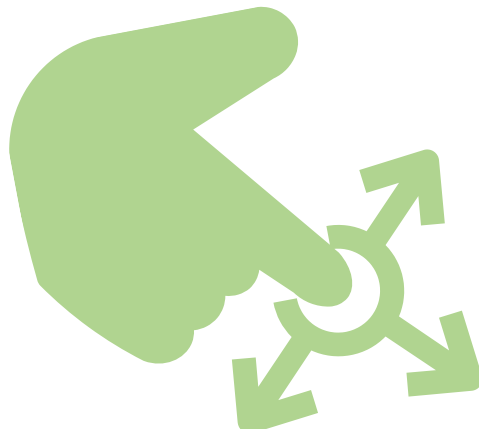
Reflect on the challenge. What was your biggest insight?

Write a commitment letter to yourself outlining what you've learned and the first steps you'll take toward living a purposeful life.

Activity:

Write down one word that encapsulates your purpose journey and decorate the page with it.

Use the next pages in this Workbook to complete these assignments.





Activity:

Write down one word that encapsulates your purpose journey and decorate the page with it.

Wrap-Up

Congratulations on completing the challenge!

Take a moment to celebrate your journey and reflect on what you've learned.

You've taken the first steps toward living a life of purpose, and that's no small feat.

Keep going—you're capable of incredible things!