



# My Purpose Statement



Using your affirmation statements you wrote down from the energy balancing visualization, fill in the following:



I AM \_\_\_\_\_



I FEEL \_\_\_\_\_



I CAN \_\_\_\_\_



I LOVE \_\_\_\_\_



I SPEAK \_\_\_\_\_



I SEE \_\_\_\_\_



I KNOW \_\_\_\_\_

Next, you will put all these together to make your purpose statement. Fill this in on My Aligned Arrow pdf from the last section. I recommend tapping on these affirmations regularly and looking over what you have filled out! You can go through these steps anytime you need alignment and to remember that your purpose is and always has been inside of you!



### MY PURPOSE STATEMENT :

I am \_\_\_\_\_ and I feel \_\_\_\_\_ about  
\_\_\_\_\_ in my life and \_\_\_\_\_ for  
my life. I can \_\_\_\_\_ which reinforces to me I am the type of intuitive  
women with a mission to \_\_\_\_\_ and to  
\_\_\_\_\_. I love myself and \_\_\_\_  
\_\_\_\_\_ and I choose to  
speak \_\_\_\_\_. I see \_\_\_\_\_  
\_\_\_\_\_. All these truths align with my highest knowing  
that\_\_\_\_\_.

I honor this purpose statement by continually strengthening my belief in myself, aligning my actions to support my mind, body & spirit as I work towards reaching my life's goals, and celebrating my wins along the way.

### SAMPLE :

I am STRONG and I feel EXCITED about NEW OPPORTUNITIES in my life and FULL OF IMMENSE GRATITUDE for my life. I can DO ANYTHING which reinforces to me I am the type of intuitive woman with a mission to TEACH AND SERVE OTHERS and GUIDE THEM TO CONNECT WITH THEIR INTUITION.

I love myself and MY FAMILY. I choose to speak MY TRUTH because it is what God has planned for me. I see GOD'S HAND IN MY LIFE CONTINUALLY. All these truths align with my highest knowing that I AM ENOUGH.

I honor this purpose statement by continually strengthening my belief in myself, aligning my actions to support my mind, body & spirit as I work towards reaching my life's goals, and celebrating my wins along the way.