



YOUR LIFE PURPOSE

WORKBOOK

Esprit Merahi Retreats

MARGARETHAMONTAGU.COM

WELCOME

Hi There!

Thank you so much for buying the Pivotal Life Purpose online retreat. This is the workbook that goes with it, a place where you can write down your answers to the questions asked during the retreat. It's not essential that you use this workbook, you can use any notebook that you have to hand, or type your answers into a document on your laptop/phone - the most important thing is to do the exercises and to write them down.

The reason I call it an on-demand DIY retreat, instead of an online course, is because I would like you to treat it as such: set aside a specified period of at least an hour, preferably two, retreat to a quiet place where you won't be disturbed, and give it your undivided attention. Light an aromatherapy candle, have your favourite drink/snack to hand, listen to your favourite background sounds/music...involve all 5 of your senses.

I'm so glad you have decided to create a purpose for your life. I have found it an invaluable aid in my quest to live a more meaningful, impactful and fulfilling life.

Margaretha Montagu

PS.

I just want you to know, despite all my experience, knowledge and qualifications, I am no different from you. I am far from perfect. I do not always practise what I preach. I do not have the answers to all my questions, and I do not have the solutions to all my problems. Like you, I sometimes feel confused and overwhelmed. I am, however, convinced that having a life purpose will make a massive difference to your life.



CREATE YOUR LIFE PURPOSE

“Don’t ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive.” – Howard Thurman

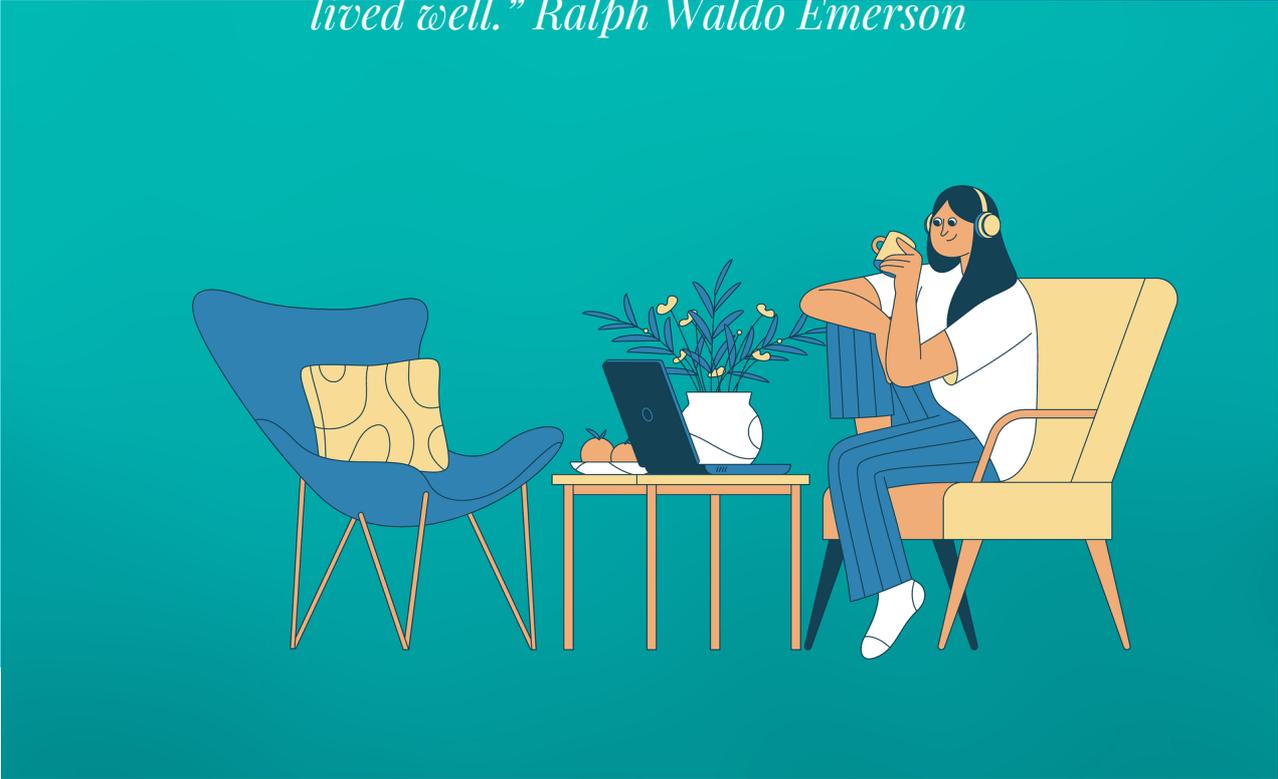


01 Review and update your values: What's most important to you in life at the moment? What values do you hold dear? What principles guide your decisions?

02 Identify your strengths and assets: What are you good at? What skills, knowledge, experience and talents do you have now?

03 Consider your interests: What are you passionate about? What makes your heart sing? What lights you up? What inspires you? What can you talk about for hours?

“The purpose of life is not to be happy. It is to be useful, to be honourable, to be compassionate, to have it make some difference that you have lived and lived well.” Ralph Waldo Emerson



04 Decide what impact you want to have: How do you want to make a difference in other people's lives? What legacy do you want to leave? What contribution do you want to make?

05 Take Stock: Take a good look at your current circumstances. Do you have an empty nest? Were you made redundant? Getting divorced? Moving house? Are you retiring? Starting a new business? Changing your career?

IDENTIFY YOUR VALUES

Identify what matters most to you:

What do you care about most in your life, at this point? What motivates you? What do you want to achieve, experience, or accomplish? What are your current priorities? What values do those priorities reflect?

Think about your beliefs:

What are your core beliefs about life, the world, and the people around you? What values are reflected in those beliefs? Your values are often rooted in your beliefs and principles.

Look back on your life:

Identify rewarding moments when you felt especially fulfilled. What values were you honouring in those moments? Also, consider times when you felt unfulfilled. Which of your values were being compromised or ignored?

Think about the people you admire, your role models:

What qualities and values do they embody that resonate with you, that you would like to emulate? How can you incorporate those values into your own life?

YOUR TOP 3 VALUES



01

02

03

IDENTIFY YOUR STRENGTHS AND ASSETS

Reflect on your past successes:

Look back on your achievements and accomplishments, both big and small. Have you ever been in a similar situation before? Think about times when you had to handle a stressful situation particularly well. What strengths did you use to succeed?

Ask for feedback:

Ask friends, family, and colleagues for honest feedback on what they see as your strengths. They may have insights into your skills that you hadn't considered.

Take a personality assessment:

These assessments can help you identify your natural preferences and give you insight into what kind of strengths you possess. Write your results down below.

Consider what comes naturally to you:

Think about the tasks or activities that you find easy or effortless. What strengths do you use to complete these tasks?

WRITE YOUR LIFE PURPOSE STATEMENT



- Does my statement :
- Bring out the best in me?
- Challenge and motivate me?
- Communicate my vision and values?
- Address significant roles in my life?
- Represent the unique contribution I can make to society?

Esprit Meraki Retreats

To test-drive your pivotal life purpose, join us on a Camino de Santiago retreat here in the southwest of France



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