



Discover your Soul's Purpose

A day in your life as

This practice will help you understand your values and heart desires.

Imagine that you are able to live a day of your life as someone you admire. You can choose a celebrity, a fictional character, a family member, someone from another profession, etc. The trick is you have to go beyond the surface, not choosing someone just because he/she has a lot of money or is beautiful; make sure is someone you admire somehow, or you appreciate a certain trait in that person.

1. Do this exercise in 5 consecutive days, choosing a different person each time.
2. Close your eyes and choose who do you want to be today.
3. Imagine how your day would look like as this person. What was your daily routine from morning to night?
4. Write down everything you see in your visualization.