“Your legacy is etched in the Hearts of others and the stories they tell about you.”
◆ Ron and Mary Hulnick

What moves your Heart and stirs your Soul? What experiences and expressions do you Love? What brings you Alive? The form is not important. What matters is answering the Call of Spirit in your Heart! In so doing, you find your purpose.

YOUR EPITAPH
1. In ten words or fewer, what would you like your epitaph to say? __________________________

2. What would you like said in your eulogy? __________________________

3. How might this relate to fulfilling your purpose? __________________________

LIVING INTO YOUR PURPOSE NOW
1. One step I can take toward living into my purpose is … __________________________

2. Another step I can take toward living into my purpose now is … __________________________

3. Other steps I can take include … __________________________

4. What I’m most Grateful for in my life is … __________________________

“Your purpose can be as simple as making one person smile each day.”
◆ Ron and Mary Hulnick
KEYS FOR LIVING INTO YOUR PURPOSE: FOLLOWING THE PATH WITH HEART!

1. Set your intention to live a life of purpose and meaning, answering and honoring the Calling of your Heart.

2. Release limiting beliefs about your self and about life.

3. Let go of/surrender your ego’s story of victimization, lack, and unworthiness. Stop telling those lies to yourself and others.

4. Choose to live into a new story of purpose, meaning, and Heart. Do those things you Love to do and do your best to bring Loving to all that you do.


6. Nurture your Self through cultivating positive, supportive, encouraging self-talk.

7. Remember, the willingness to do gives the ability to do. Be prepared for synchronicities and surprises!

8. Move into your Heart and ask Spirit: “Given my experience, abilities, gifts, and skills, please show me, in ways that I can recognize and understand, how I may serve.”

9. Cultivate a practice of Gratitude and Graciousness—Gratitude to Spirit, Gratitude for life, Gratitude for opportunities to Awaken, Gratitude for opportunities to serve, Gratitude to others, Gratitude and Graciousness toward your Self.

10. Bring forward the Strength of your Heart and be willing to take risks. “You miss 100% of the shots you never take.”

11. Take one action, one small step each day, that is in service to answering the Calling of your Heart.

12. Remember, everything is for you! Learn to use everything for your growth, learning, and upliftment.

“It’s very hard to step into the Calling of your Heart, your purpose, when you’re operating inside a mirage of limiting beliefs and are holding a misidentification of yourself as ‘not enough’ or ‘unworthy.’ Letting go of self-judgments through Compassionate Self-Forgiveness and relating with yourself with Respect, Loving Kindness, and Compassion support you in standing up in the worthiness of who you truly are and sharing your gifts.”

♦ Ron and Mary Hulnick