



# Passion. Finding Your Purpose & Holistic Coaching

Maybe you are here, reading this eBook right now because you're feeling a sense of hopelessness in your life?

Or maybe you're here right now because you're lacking purpose? Or you might know that there is more to life.

Maybe you are looking for more passion in your life?

**How do we live a life with more passion?**



How do we live a life when we are feeling  
hopeless rather than hopeful?

How do we create purpose in our life from  
the inside out?

You know a lot of people on this planet live  
with the idea that when they get their next  
big pay check or when they get their car or  
when they get their big house, they will be  
happy.

**But you see happiness in that way does not  
equal happiness inside because it's not the  
same as fulfilment.**



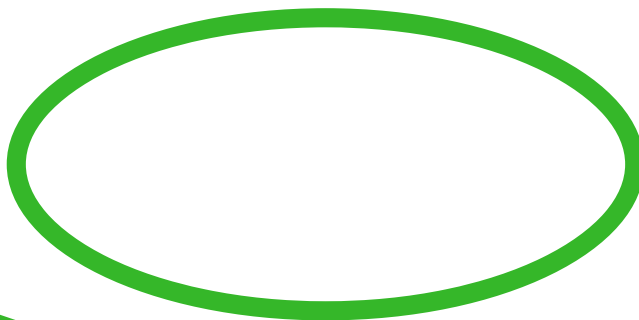
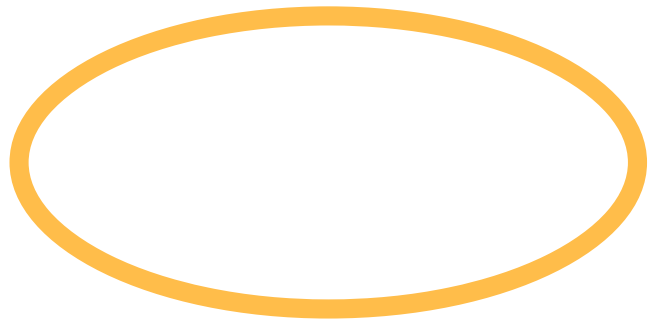
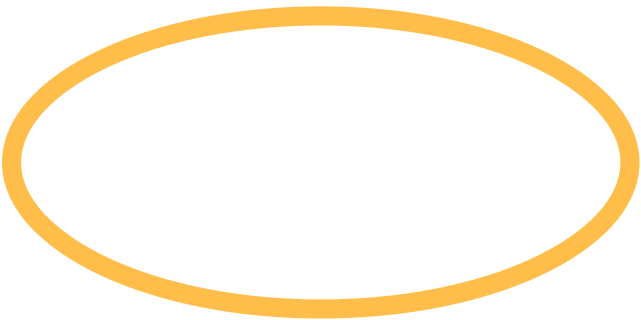
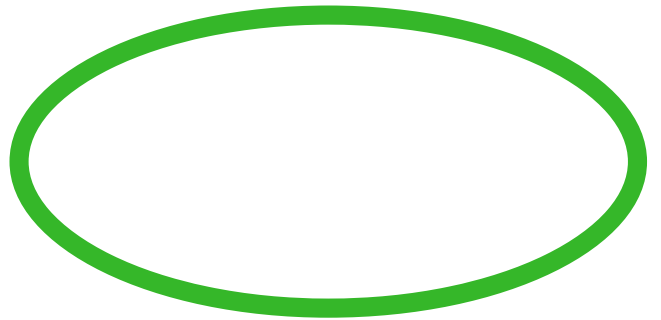
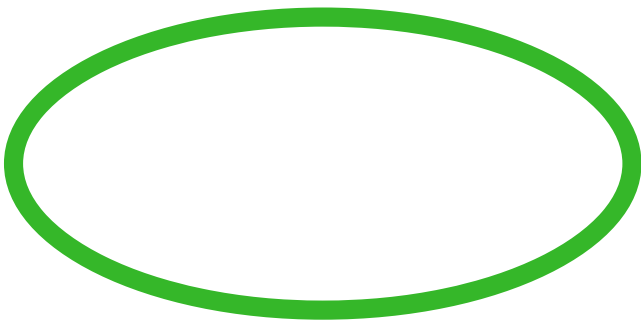
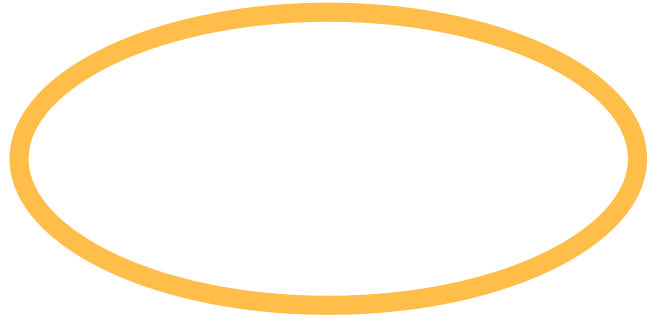
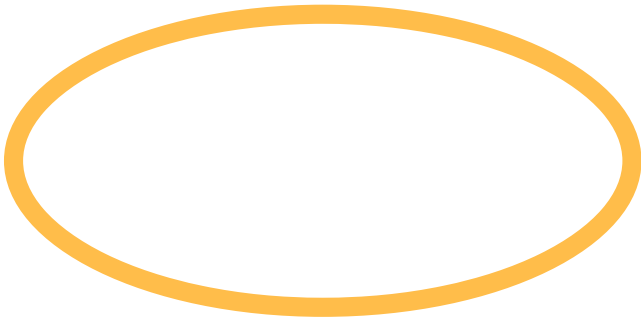
**Fulfilment is a lot deeper, is a lot more ingrained in our bodies and to be fulfilled we need to create meaning and to create meaning, we need to find our passion and we need to find our purpose.**

So how do we do that? What is purpose? How do we find our purpose? In order to find your purpose you need to find your passion and in order to find your passion you need to look at what you are really enjoying and what you really love doing in your life.

**Print off this PDF and write in the circles below.**



# FINDING YOUR PURPOSE THROUGH YOUR PASSION EXERCISE



What I want you to do is, in the circles, write things that you really enjoy doing in your life and if you can't think of anything right now, maybe you're in a really bad stage of your life where you feel no sense of happiness.

If that is the case, look back at your life when you used to be happy.

Look back through your life when you used to enjoy doing things, even if you have to go back to your memories as a child.

What did you love doing as a child?

**What really excites you?**



Better yet, what excites you to the stage that you're actually feeling like time disappears or time stands?

These moments are moments of flow in your life and they're creating a rush of amazing feel-good neuro chemicals in your brain and your body that literally alters you from the inside out.

Now I want you to write down all these things that you're enjoying doing in your life.

**Allow yourself to take some time to do this.**



Once you're finished. I want you to look at the picture in front of you and I want you to even step away from it, and get a broader perspective and I want you to see how it all interlinks.

What's the red thread, that goes through all these things that you enjoy doing?

There will be something connecting it all and when you pull out the red thread that you can see, that's when you have your passion.

**That's where your passion lies!**





Once we find your passion and what you're passionate about, then we can take that and create something that is an act of service, thereby creating your purpose. You see purpose is passion created into a vehicle to give service to other people.

So how do we find your purpose? We look at what your passion is.

How do we find your passion or your passions?

**We look at what you enjoy doing in your life, something that really creates happiness from inside of yourself.**



I am absolutely passionate to help people going from hopeless to hopeful, to passionate, to finding more purpose and creating a deeper meaning in their life.

If this sounds like you, get in touch and together we will look at what it would look like for us to work together to create a more extraordinary, remarkable life for you, better than you could have ever imagined.



**This Ebook is a collaboration between  
Madeline Vallin from Nu Perspectives  
& Global Healing Exchange**

