

*Discover Your
Passions & Make
Your Dreams Come
True*

This PDF will walk you through a series of questions that will help you identify what you are most passionate about, maybe even leading to you discovering a calling you didn't know you had 😊

They were wholly responsible for the breakthroughs I had in determining my life's "purpose" (the one thing I could give to the world that no one else could quite like me). Before I discovered these questions, all I really had was a deep burning desire to do SOMETHING to help the planet, but I just couldn't get focused enough to decide what that should be. I was torn between my head, my heart and something in the middle that didn't speak to me in words, but in sensations and emotions (which I now know to be my Inner Being 😊)

The first set of three questions are from the amazing book by Vishen Lakhiani, "[The Code of the Extraordinary Mind](#)" and are a way of brain-dumping everything you want in your life, no matter how far-fetched it may seem right now, so that your logical mind doesn't have time to *think through* anything, you are simply pouring out your *heart's desires* in an unfiltered and unsorted process. It is a magical experience and I highly encourage you to read the rest of the book as well as to [visit the website](#) where you can access lots of great information, incredible courses and other fantastic materials.

The second set of three questions I discovered in the book as well but are originally from Martin Rutte, founder of the website [Project Heaven On Earth](#) and they help you to form a cohesive vision that incorporates your heart's desires and gives you a clear purpose to work towards.

It sounds too good to be true, doesn't it? Six simple questions to help you discover your soul's purpose and give you the impetus to get moving on them...can't be all it takes right? Well, as James Wedmore says all the time on his fantastic [Mind Your Business Podcast](#), the quality of your life is determined by the quality of the questions you ask yourself. I think it actually comes from Tony Robbins... Anyway... Simple but true.

Both Mr. Lakhiani and Mr. Rutte have kindly agreed for me to share these questions and I encourage you to visit their websites as soon as you can.



The 3 Most Important Questions by Vishen Lakhiani

These questions are designed to help you create your Blueprint for the Soul. They help you figure out what you want in and from life. They are ways to create 'end-goals' rather than 'means-goals': end-goals are goals like wanting to travel to a specific place; the goal is one that will bring you happiness, in and of itself. Means-goals usually contain an "if-then" scenario; for example, "if I get this job, then I'll afford that car, then I'll be happy".

But means-goals don't bring happiness unless you enjoy the process, so it's much more fulfilling to have end-goals like wanting to experience deep and meaningful friendships, than means-goals like wanting a new wardrobe.

Now that is not to say that you shouldn't want things like a new car or clothing if you need them; it just means you put the emphasis on things that will create deep, lasting joy within you, help you grow as a person, and make you feel fulfilled, like doing meaningful work in your career or community.

So, here's how you do it.

Grab a pen and a big sheet of paper, and divide it into three columns, or print out the sheet below. Find a timer, either on your phone or something like an egg timer.

You need a timer for this exercise because you are going to put yourself under a little pressure. You're going to allow your intuitive mind, your heart, and your Inner Being to come through instead of giving your logical mind the space to judge and negate anything, and make you write down what you *think you should* want. Remember to think BIG and allow everything to come through! Don't judge any of it; you'll be so surprised at what comes out and how you can join the dots later, especially once you've done the Heaven on Earth questions 😊



There are three categories, and within each one is 4 subset categories. Quickly read through the questions and categories (without trying to answer anything yet) and then set the timer for 3 minutes.

The 3 minutes are for you to work through one main category. As soon as the timer goes off, set it again for three minutes and move onto the next main category. Don't worry if you feel like you haven't "got it all out", you'll review it and add things to it later because you'll have opened the floodgates and more will keep trickling out after the initial gush! Just add anymore that comes through in the day or so after you've done the exercise.

By the end of the 9-ish minutes you should have a fair amount written within each category, under the different subset categories.

These are the categories (write one at the top of each of your three columns if you aren't using the printout sheet):

1: Experiences - In this category you are looking at the experiences you want to have in life, whether it's sipping a cocktail on a tropical beach or just stargazing with your other half in a secluded location. What are the things that will excite you and make you feel amazing?

A: Love relationships (What do you want in a love relationship, or for your current love relationship to be like? How do you see your relationship evolving? What experiences do you want to have with a significant other?)

B: Friendships (What kind of friendships do you want? How do you want to experience in your friendships? What would you seek in new friendships? What qualities do the kind of people you want around you have?)

C: Adventures (what kind of adventures do you want to have, places you want to explore, things you want to try out?)



D: Environments (What kind of environment do you want to live in? What car do you want to drive? What kind of hotels and places do you want to be able to stay in?)

2: Growth - In this category you want to ask "what ways will I need to grow in order to have these experiences in my life?" Do you need to learn a new language? Start a business that generates passive income? How do you need to grow to have the experiences you want?

A: Health and fitness (How do you want to feel? What do you want to be able to keep doing as you get older or even get better at? What is your vision for your health and your body?)

B: Intellectual life (What are the things you want to learn? How do you see yourself growing as a person? What books do you want to read?)

C: Skills (What are the things you need to learn and master to have the experiences you want? For example learning a new language or learning to dance or dive)

D: Spiritual practices (What ways do you want to grow spiritually? What areas of spirituality do you want to study? Do you want to start a daily spiritual practice such as meditation?)

3: Contribution - this area looks at ways your growth and experiences can contribute back to the world, whether just your family, your local community or the whole world community. I personally feel this is the most important for creating a sense of fulfilment in life. It's that feeling of sharing a part of you that will continue on after you are gone, that feeling of leaving a legacy.

A: Career (What ways will your career contribute to others? Does your career positively affect the environment or humanity? What can you create that will bring value to both your life and those around you? For example writing a book or creating a course)

B: Creative life (Think of ways you could use your creativity to contribute back somehow, for example through free music lessons for disadvantaged children, or sharing your craft projects online to inspire others)



C: Family life (What are some ways you could contribute to your family or home life? How could you spend more meaningful time with your children, partner or family members?)

D: Community (Think of community as localised – your home town and country – and global. Are there ways you can contribute to the wider community by sharing via the internet? Could you start up a local support group for people who are experiencing something you went through?)

So now you know the categories and what kind of goals go in each one. Set that timer for 3 minutes.

Ready...? Steady...? Go!



BLUEPRINT FOR THE SOUL

EXPERIENCES	GROWTH	CONTRIBUTION
Love	Health	Career
Friendships	Intellectual	Creativity
Adventures	Skills	Family
Environments	Spirituality	Community



The next three questions seem so simple on the surface it's hard to imagine their power, but again, give yourself three minutes for each question and just allow whatever comes up to surface. By asking yourself these questions after creating your Blueprint for the Soul, you will literally be bringing all the things that matter to you into a single, cohesive vision that you can start to work towards.

Discover Your Purpose (& co-create Heaven on Earth) by Martin

Rutte

1: Remember a time when you experienced what you consider to be Heaven on Earth. What was happening? What were you feeling? What were you doing?

2: Imagine you had a magic wand and you could wave it and create Heaven on Earth now; what would it be? How would it make you happy?



2: What do People seek you out for help with the most? Does your help/advice work for them?

3: Who are they? (Men, Women, Mothers, Children, what ages, what circumstances are they in, what problems do they have in common that you help them with? No two people are the same, but you can draw certain parallels that link them together to help you work out who your tribe is.)

4: How can you replicate your help on a bigger scale? Could you create a blog, video series, podcast, ebook, ecourse etc?

5: How can you imagine this evolving into what your main vision has become?

6: Is there anything in the way of you starting right away? If so, what is it, and how can you best work through / eliminate / delegate this so you can get started on your vision?



To follow on from these exercises, I have created a printable organisation system that will give you a clear path to start creating your Heaven on Earth, starting right now! No matter what month of the year it is, you don't have to wait till next year to start. Make the most of the rest of **this** year. In January, go ahead and print a fresh set to get you organized for the year ahead.

On these sheets I want to you go into as much detail as possible for your big vision, the steps you need to take to get there and how you'll break them down to get them done (writing them down makes them a little less scary and lot more tangible!) Remember that your ideas more than likely will change as you "pick up breadcrumbs" along your trail in life. For this reason, you may want to print them out and laminate them, or frame them in simple glass picture frames, so you can use them again and again with dry-wipe markers. The trees will thank you!

For the Monthly Main Action Items sheet, you could just leave the date space blank and write the month on each 1st day of the month when you create your plan. This way, you'll be able to use it for years to come. Some people like to have a quarterly plan – if this is you, print out three of these monthly sheets and use them together as a quarterly plan with detailed entries for each month!

And remember: No matter how slowly you go, you are still going faster than those who don't move at all. If you are a super busy person as it is, this may seem like it's an impossible task ("Fit more in? Where?!") but even if you achieve your goal really slowly, as long as you are always moving forward, you will be succeeding. Most people never even try, because they let fear get the better of them. But we are learning to embrace that fear, and move



steadily forward anyway because we know that there are great rewards at the end for us all, not just for us individually.

Your desire to do what your heart wants to do, is the same as the desire the bird has to fly south in the winter. It is deep inside you because it is what you need. It will be challenging, and it will be scary and there will be risks along the way, but like the bird has the warmth and sunshine to greet it on its arrival, so you will have much to look forward to, not to mention the rewards of the journey itself.

You have something of great value to share with the world. This is how you'll get it out there.



MY GOALS

OVERARCHING GOAL – BIG VISION

STEPS I NEED TO TAKE TO GET ME THERE

STEPS I CAN TAKE THIS YEAR TO START MAKING IT HAPPEN



YEAR VIEW

JANUARY	FEBRUARY	MARCH	APRIL
MAY	JUNE	JULY	AUGUST
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER



THIS WEEK:

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:



Today:



These exercises may seem very simple on the face of them, but they can have a really big impact if you open yourself up and allow what's really in there to come out. Don't be afraid of any of it. No one will see these sheets if you don't want them to.

Above all, don't be afraid of your desires, ideas and the things that really excite you. Understand that your desires are good and right and that you are the only one stopping you from achieving anything and everything you want. You are also the only one who can change your life for the better, so get to it girlfriend!

