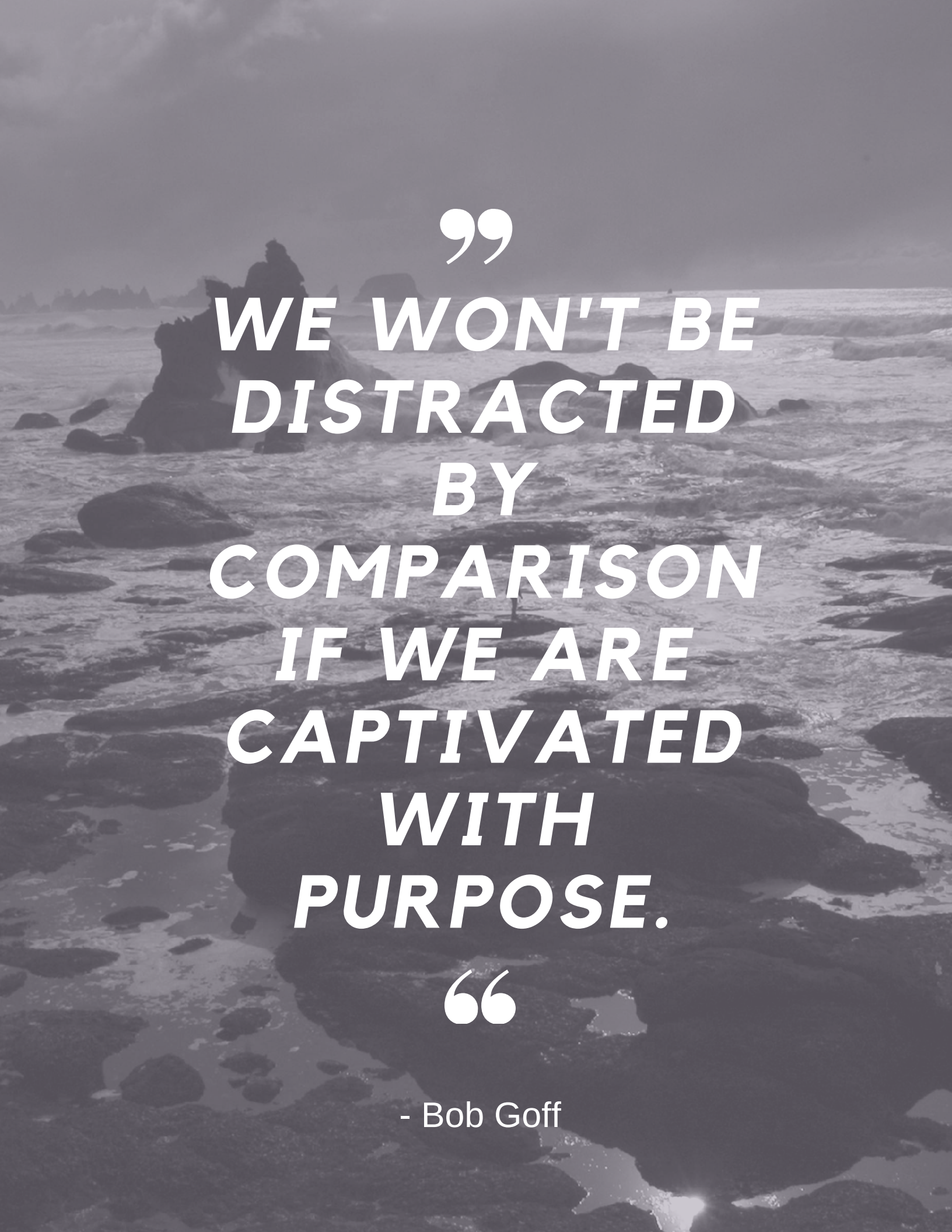


P U R P O S E

m a d i s o n h u f f m a n



**A 7 DAY JOURNALING GUIDE TO
HELP YOU GAIN CLARITY AND
LIVE WITH INTENTION**



”
**WE WON'T BE
DISTRACTED
BY
COMPARISON
IF WE ARE
CAPTIVATED
WITH
PURPOSE.**

“

- Bob Goff

DAY 1

What are three things you care about deeply and why?
In what ways are you intentionally cultivating deeper connection to those things?

DAY 2

Think back to a day you remember feeling the most passionate/happy. What were you doing?

DAY 3

How do you want to feel every day? What intentional thought/action can you do right now to feel that way?

DAY 4

What does purpose mean to you? How do you want it to feel and show up in your life?

DAY 5

What is something you wish you could do more, but don't make the time for?

DAY 6

What would a purpose filled day look like for you? What are you doing? Who are you with?

DAY 7

Look back at your answers. Do you notice any patterns? Areas of neglect you'd like to pay attention to? Based on your answers, what's something you can start this week to create a purposeful and intentional life?