

Living an Impactful Life Full of Purpose

# Purpose

workbook



# Hey There Beautiful!

If you are like me, you believe that each of us have something great within us and each of us has a purpose. It took me a long time to understand what my greatness was and what my purpose could be. I tried everything under the sun and I still couldn't figure out what exactly I am here on this earth to do.

I didn't find the solution until I was on the verge of just giving up. Giving up with trying to find my thing, trying to find my greatness and just conforming to society's ideas. Ideas that you just wake up to go to work and go to work to pay some bills, pay taxes and maybe have a laugh or two on the weekend.

The day I had my breakthrough is the day I had a breakdown. Maybe you are feeling the same way.

OR

You feel like you have greatness inside but you don't know exactly what it is.

OR

You are sick of trying to find what you are supposed to do in this world

OR

You are sick of living a blah life and you are wanting to finally step forward in your truth.

Maybe you don't believe in divine purpose but you know something has got to change in your life. If that is you, know that you are not alone. I, not too long ago, was in the same position and I want to share with you exactly how I started to live a life full of impact and fulfillment.

I share these steps with you because I truly want to see everyone succeed within their purpose. Remember, you are not alone I am here to help you navigate your way through this together

xoxo  
Breeya  
Johnson



# Brain Dump

Dump everything in your brain onto this page so you can easily access your subconscious mind.

DESCRIBE YOUR CURRENT  
SITUATION:



WHAT IDEAS ARE RUNNING  
THROUGH YOUR MIND  
CURRENTLY?

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WHAT FEARS DO YOU  
CURRENTLY FACE IN  
REGARDS TO YOUR  
PURPOSE?

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WHAT HAVE YOU ALREADY  
TRIED IN YOUR PAST TO TRY  
TO FIND YOUR PURPOSE?

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**STEP ONE** What are you good at?

WRITE DOWN EVERYTHING YOU ARE GOOD AT,  
NATURALLY GOOD AT.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Questions

Need some inspiration to find what exactly you are good at? Try to answer some of these questions to spark inspiration.

WHAT DO YOU GIVE  
GREAT ADVICE ON?

WHAT WOULD YOUR FRIENDS,  
FAMILY AND CO-WORKERS SAY  
YOU ARE GOOD AT DOING?

WHAT ARE YOU GOOD AT FIXING?  
(COMPUTERS, RELATIONSHIPS,  
BUSINESSES, ETC)

WHAT DO YOU GET THE MOST  
COMPLIMENTS ON?  
(WRITING SKILLS, COMPUTER HACKS,  
BUSINESS ADVICE, FASHION, ETC)



# Phone a Friend

Need some inspiration to find what exactly you are good at? Lean into your inner circle and ask them for some inspiration.

"WHAT WOULD YOU SAY I AM THE BEST AT GIVING  
ADVICE ABOUT?"

*Text This*

FRIEND 1:

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FRIEND 2:

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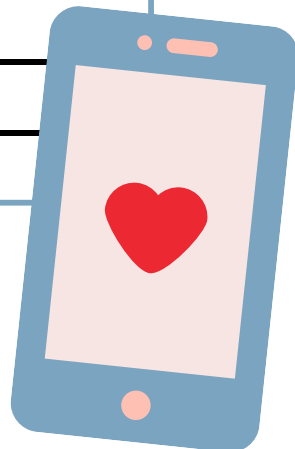
FRIEND 3:

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## STEP TWO

# Creative Manifestation Journaling

WRITE DOWN EVERYTHING YOU SEE IN YOUR 5 YEAR  
FROM NOW VISUALIZATION OF YOUR BEST SELF.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.



# What stood out?



Write down three things that stood out the most when you were visualizing 5 years from now and you were living your best life.

1

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2

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3

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STEP THREE

# Alignment

Alignment is when you can find what you are naturally good at with what your subconscious has already made a path to, that my friends is ultimate alignment, divine purpose.

What you are  
good at

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What you  
Visualized

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Divine Purpose

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# Still, don't know your Divine Purpose?

It is okay, do not freak out and think you are purposeless, that is not the case. For some of us, we have to do a bit more digging to find out what we are truly here on Earth to do. I have created a resource just for you. These resources will help you to dive deeper into your subconscious mind and pull out that amazing awesomeness living deep inside you. If you are interested in learning more about these resources, send me an email. I have to make sure you are a good fit because space is limited.

Email me today at  
[johnson.breeya@gmail.com](mailto:johnson.breeya@gmail.com)

Let's Work  
Together

