

Guided Inner Journeys to Create a Life Purpose Statement

These Guided Inner Journeys provide the client with raw material from which to generate a Life Purpose statement. When delivering these to your client, speak slowly and clearly and allow space between the words. Not all imagery will resonate for your client so it's a good idea to deliver several journeys in sequence, allowing time for your client to take notes between each one.

Guided Inner Journey #1

Turn the clock back and look at a time in your life when you felt your full power – a time when your spine, arms, and fingertips were tingling with excitement, a time when you simply didn't care what anyone thought of you. You were absolutely alive! (Pause)

Questions:

Where were you? What were you doing? Who was around you? What was occurring in them at that time?

What was your impact on them?

Guided Inner Journey #2

You've been given a billboard and can put any message you can on it. Thousands of people will drive by and see your billboard each day. What does it say?

Guided Inner Journey #3

You are getting into a rocket ship. The rocket ship takes off. You are on your way to an undeveloped planet in the universe. It's a fine planet in every way, but it's uninhabited. You can create this planet however you want it to be created. You have the power to have it be any way you want. When you land, what is it that you're going to make happen -- what's the impact you want to have, that's going to create the planet the way you want it to be? (Pause)

The ship is landing on the planet. The door opens. You touch the planet and say, "It's going to be this way." What is "this way?"