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# *Aligning Purpose*

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*Personal Mantra Workbook*

*A Spiritual Development Study  
curated by Aion Wellness*

# Mission

Welcome! This workbook will use specific, reflective questions that help expand your perspective. The goal is to discover your authentic spiritual desire for how to spend your time in order to find a sense of fulfillment, connection, and intention. This guide is simply inspiration, intended to prompt insightful thought processes and lead you to your own answers. Be creative! Lean into the freedom of curating your own process, and follow where it takes you.

Our whole life is comprised of all our small choices, and it's incredibly difficult to make aligned choices when we aren't clear on what we want the choice to bring us closer to! Once we know what we are working towards, it is much easier to see which choice will get us closer to our desired outcome, and which one will pull us farther away.

It's so easy to be overwhelmed by the vague, yet weighted questions we are plagued with when faced with tough decisions: "what do I really want?" "what am I doing?" "who am I?". When we don't have answers of our own yet, we are naturally inclined to chase *objective* answers, or answers outside ourselves: "what *should* I be doing?" "whats the most *acceptable* option?" "whats the safest or smartest choice?" "which choice is more generally *respected* or *admirable*?". Why not right? We need some kind of guidance to look to. Otherwise how would we ever choose?

This a natural human behavior, but we have to try to alleviate our dependency on this type of decision-making mentality because an external objective chase will leave us unfulfilled, lost, and stuck in a battle that can never be won. We will spend years chasing the right answer or "best choice" according to one group of people, only to find there is an alternative "best choice" according to another group that's completely different. All we're doing is fitting that individual projection of what they believe our purpose should. But how can they speak for us? They can't. And yet, we still are tempted to listen.

The best way to free ourselves of this perpetual, unfulfilling cycle is to discover our own true desires for our life and root ourselves in those values to give us direction. when we have an internal source of truth or a personal "answer", then we will have satiated that hunger and will no longer have a need to seek out the approval of others over our choices. Think of "finding your purpose" as a sort of immunity to external validation--a societal conformity vaccine! Personal choices are all subjective. This means they are relative, and depend upon the person, their goals, and the circumstances. There will never be an objectively "correct" answer, only your subjective answer that is most aligned with your needs. That's what this practice will reflect on--your answer!

*In your journal or seperate paper, reflect on any limiting beliefs or current expectations about your purpose (who you should be or what you should be doing, what you feel pressured to do)*

# Mindset

Before we begin, a few ideas should be welcomed in order to have the most productive practice

1. There rarely are concrete answers. This is not about what job you should have. Your job may very well be a vehicle which helps you to serve this purpose, but a job itself cannot be a purpose; jobs can go away. Purpose doesn't.
2. Purpose can change and evolve. It is not fixed. Sometimes we serve a purpose to its completion and we grow into a new path. Sometimes, as we change and grow, we gain more insight on who we are, what we can offer, and what is important to us. That's great! Let yourself evolve and try to avoid attaching yourself to one individual purpose.
3. You may not get a clear answer right away. That's okay! You will likely discover SOMETHING during reflection that will give you insight on your process, even if you don't land on something distinct. In fact, the most aligned answers are usually not razor sharp. Either way, beginning to ask yourself these questions is the most important step in working towards the answers. Just probing these questions is the most valuable process. Even if you don't discover any satisfying answers, you will clearly see the areas of your self-growth that need the most love and attention.
4. It doesn't have to be tangible or impressive. It can simply be a way you want to experience life. It can be something completely internal that no one else can see or would know about unless you told them. This is not a hero mission, and it's not a purpose for the world, to make you feel important, validated, or worthy. This is about what you feel is the most meaningful and fulfilling use of your time here.

*In your journal, air out any pre-existing ideas about your purpose. Note whether they are attached to external factors of validation or would need to be awarded by approval of others.*

# Guidance for an Authentic Practice

## *Create plenty of space.*

Write down everything that comes to mind--this is your process, no one else will see. You can always go back and cross out old ideas that don't work, but it will be harder to recall ideas that slipped away. Plus, writing freely will help you to avoid mentally blocking your creativity. When we try to edit, judge, and perfect our ideas before writing them down, we pull ourselves out of a present mind--stepping out of our self to look at our own work. Consider this a think tank. Imagine the process this way: "good" ideas don't matter, it's about how many ideas you can come up with!

Make sure you have a quiet space with no potential interruptions, time limits, or other looming responsibilities. These conditions can affect the depth of your truth.

## *Begin with a brief meditation.*

Let go of any outside burdens or thoughts, this is your time. They will still be there when you are finished. If you have set this time aside for yourself, then you will be in this room for about an hour, either way. Thinking about or worrying about outside events will not help you to make an impact on them in the next hour anyway, so it's just as good to put them down and at least make this time meaningful and productive by focusing on the task. If you are a busy person, don't let the hour be used in vain.

If you're particularly stressed and/or distracted by outside circumstances, jot down a to-do list for after your practice or of anything weighing on your mind and when you can/will get to it. Take it off your mind by acknowledging that there is a set time for it to get done, that it will get done, and now is not that time. Jot down anything else that's bothering you, weighing on your mind, or pulling focus. This is a symbolic "putting down" of the ideas, and you can pick them back up when you finish. Most of our worry comes worrying that we will forget what we need to do or forget what problems we need to solve. Writing them down will relieve this. Also a great focus tip in general!

Take a few moments to breath once you've "put down your worries". Find a comfortable position and try to think about the sound and the feeling of your breath and nothing else. Feel your body against the floor and notice it's holding you up. Surrender your weight to gravity. Thank yourself for awarding yourself this time. Commit to honoring your higher self and pledge allegiance to your unabridged truth over the next hour. Take as much time as you need and begin with section one when you are ready.



# Section One

## *Shift*

### *Truth builds trust*

Discovering our truth builds trust in our decisions, which increases confidence, helps soothe anxiety, and better our chances of actually executing our goals. Keep in mind, the brain is designed to worry! Worry is designed to keep us safe from change, uncertainty, and ambiguity as a survival tactic. Our brain cannot distinguish spiritual change from terrain change--we get the same feeling of fear and aversion about something new or uncharted.

Finding our purpose or following an authentic path can be scary because it's often new or uncertain, and this protective instinctual fear we have about the dangers of change can creep up. It will feel like "something isn't right" but our higher self must be able to separate this feeling of natural instinct from its impact on our personal, spiritual decisions if we want to grow. Taking the time to reflect on your values and desires will help anchor you in certainty and defend against these fears when opportunity to decide and change arises. We will be able to trust our choices and make clear decisions when we are sure of where we want to go, and we will be prepared to override the natural fear with wisdom.

### *Intuition points North*

Try to step away from heavy logic. Our brain is designed to weigh out all options and could argue, defend, or defy any choice...just at criminal defense lawyers! We can even find the logic to defend murder when we try. We could spend eternity finding arguments and counter arguments about which decision to make, and may never find ourselves at a draw. I think we've all experienced spending too much time agonizing over a decision. And sometimes, when we finally make a choice, we regret it later. But, only one choice will be more closely aligned with our goals. No argument there. We have to learn to lean a little more on what we know rather than what we think, if we ever want to get anywhere fulfilling. There will only be one answer that truly aligns.

This is also how we manifest our ideal future, but aligning each choice with our greatest purpose. When we make a choice that aligns with our goal, then we get that much closer to our goal! Much easier. And when we align choices with our heart's purpose, they will inherently lead us towards happiness and fulfillment. Where as a logical choice may lead you to meeting a status quo or pleasing someone else and their expectation of you. Remember, this refers only to your personal life choices and path.

Our choices are what make up our life, on the granular level. The kind of life we end up with will depend on the source of the choices, or their motivation.



## *Section One Cont'd*

### *Distinguishing the inner voice*

We are never truly against ourselves, even if it feels like it or sounds like it sometimes. This is an incredibly important concept to remember. Any thoughts that berate or destroy us came from an outside source that we have slowly adopted.

When trying to find answers, or listen for truth in an exercise like this, it can be difficult to distinguish which voice is really ours. The ideas and conventions that we have been raised on and are continually flooded with every day are eventually repeated to us in our narrative. "Make more money, dress better, be more fit, get an attractive partner, get an education, hurry up and have kids, you're running out of time, you'll never be successful without a degree" etc etc. We could go on forever, and these messages certainly get more specific and more hurtful when we consider any critical messages from our caregivers. After hearing these ideas so frequently, we start to assume they must be true and we begin to own them. This happens slowly and subconsciously. And when we're feeling insecure and repeat these ideas back to ourselves as reasoning for our (perceived) inadequacy, they are in OUR voice, aren't they? So we start to think they are our thoughts. We own them. We believe them. Until or unless we take the time to discover a different, truthful answer, like we will today.

So how do we know which one is which? "I want to run my own business. BUT I'm not motivated enough". "I want to ask this person out. BUT I'm not attractive enough for them". Sound familiar? So which is it? Do we want it, or not? How do we know what is our truth if we have opposing messages coming from the same source? Here's a hint: you will never root against yourself. Its counterintuitive. Not only does it go against our instinct for survival, but it goes against our spiritual design. Our survival instinct would never tell us "you could run from this cheetah, but you're probably not fit enough so you should just let him eat you...better not embarrass yourself by trying". No! It would say "You got this!! You're not dying today! I am the fastest man on earth!". The same works for our spiritual self. No one wants to make sure they're not happy.

**Our instinct roots for us. Our spiritual self is here for our evolution. All it wants is to find purpose and meaning, it would never deter you from connection, fulfillment, joy, or potential. Its only the ego and sense of self that tells us we are incapable, because it compares the potential of our success against the risk of disappointing (or being judged by) others. And only the ego believes that our worthiness and purpose depends on external qualities and success that can be compared to, or measured by others. Know that if a voice is against you, it is an adoption of those outside ideas. It is not your own. It can't be. And while the struggles of the ego and its associated fears are very real and deeply ingrained in our psyche, it doesn't mean they are the true and it doesn't mean we can't work to diffuse them. That is the important distinction to make. We may hear a lot of ideas, but it only matters which ones we believe.**

# Section Two

## Release

*Deciding to step in our power isn't always about fear of the future, it's sometimes about fear of losing the past and our identity that's associated with those old habits and goals. Do you need to mourn the loss of your old self before moving forward? Consider this potential block and process as you feel necessary before stepping into your new self.*

1. **What am I holding on to that's holding me back? How is it serving me?**
  - a. **How can I debunk the myth, replace the idea, or at least bring awareness to it to disempower it's hold over me?**
  - b. **Any behavior we maintain gives us something that benefits us, otherwise we would not continue. Consider what you are gaining, and how it could be replaced by something healthier. Consider what you may be lacking, that the old behavior may be supplementing for you (importance, connection, safety, relief, distraction, attention, avoidance, etc.)**
  - c. **What kind of circumstances are limiting me? How far back, or how big would I have to go to get around it? Think outside of any other limiting factors.**
2. **Is there something I'd have to let go of in order to see changes, but that I don't want to lose?**
  - a. **Do I actually have to let them go? Can they stay too? Can two ideas (old and new) or two circumstances mutually exist and maybe I haven't considered that because it's unconventional or uncommon? Or maybe I will be okay without them? How are they serving me?**
3. **What do I fear will happen if I let go of these old ideas/systems/circumstances? How much truth lives there? Do I have proof? What are my chances? Is there a way to do it safely by preparing/going slowly/gathering resources/building self trust beforehand?**
4. **List out anything that needs to be let go of before moving into your purpose and your best self, the steps to get there, and any resources you would need. List them in chronological order and set a date for step one.**

***When reflecting on your answers in your journal, be sure to number your responses for easy connection when you look back on your writing.***

# Section Three

## *Align*

*Think as big as possible, think of the unlikely, what conditions would have to occur for you to be happy? And now what are the underlying qualities in all those things? Give yourself hypotheticals. Don't be too realistic. Create the fantasy, then work backwards to get to step one. Reflect on these answers in your journal.*

- 1. What are the things that bring me joy when no one's watching?**
- 2. How do I want other people to feel after they talk to me?**
- 3. How would my younger self want to see me now? Who would I be proud of?**
- 4. If money were non-existent what would you be doing every day?**
- 5. If you were in witness protection and no one knew you, and you had the chance to start over with enough time and resources, what would you be doing?**
- 6. What would make your feet hit the floor at 4am with excitement?**
- 7. What motivational factor has been known to drive you past obstacles in the past?**
- 8. If you had a coach right now to help you through this tough time or a tough decision, what would you hope they'd say? What would you want to hear?**
- 9. Imagine a best friend or loved one for a moment. Pick someone specific in your head, anyone you deeply care about. Imagine they were experiencing a challenging year, trying to find clarity and answers to questions like these, or struggling with any of the same blocks you're experiencing now--what would you tell them to help them through? Take yourself out of it for a moment, and speak to them.**
- 10. What do you think you were put on this earth for? If you're not sure, consider a list of your resources/skills you have and how they might combine and/or what you can make with them.**
- 11. Consider all your answers from above and out of these reflections, which one would matter most at the end of your life? If you were 90 years old, looking back, what's the one impact you'd want to say you had? On those around you? What do you hope you can say you felt, experienced, or understood? Scale back from "notoriety" or the kind of recognition that could come from someone who didn't even know you, but knew of you. Think on the smaller scale, either your experience or those around you.**

*It's okay to be selfish here, that's why it's called YOUR purpose. There is still plenty of time to help others while living a life that serves your path and fulfills your heart. They can coexist. In fact, they must.*

# Section Four

## *Declare*

1. Circle any key words from your “align” section that stand out. Any important, descriptive words that can stand on their own. (no full sentences) If you have one strong clear word already that feels good as your focus word, you may skip this step. Write out a separate list of all circled words. Then put them in order of importance to you. OR scratch off the least important of the choices in each shortened version of the list and continue to do so until you are left with one. The number one ranking or the last word left is your focus intention.
2. Circle any key words from your “release” section that stand out as a major obstacle for you. If you have one strong clear word already that feels true to you as your key obstacle, you may skip this step. Write out a separate list of all circled words. Then put them in order of greatest attachment/greatest hindrance. OR scratch off the word that feels the least inhibiting to your goals, and do so in each shortened version of the list until you are left with one. This is your key release.
3. What did your 90 year old self hope to have experienced? This is your purpose.
4. What did the coach say? Or what did you say to your friend? Select the phrase that you feel the most beneficial response to when reading it back. Shorten this as much as possible to one brief phrase. This is your guiding self-talk.

**On a final paper or cardstock, write out the sentences below with your answers from above filled in accordingly.**

***Each day, I will connect with*** [answer to question 1]

***and release (my fears of)*** [answer to question 2]

***in order to align with my purpose of*** [answer to question 3]

***When I am in doubt, my inner voice reminds me that*** [answer to question 4]

This is your Mantra and personal intention! Feel free to adjust or change phrasing of the sentences around to help the words flow and make sense. Be creative! As long as the intention is clear, the fluidity and comprehensiveness can be prioritized. Remember, this is your personal vision. There is no right or wrong way, what matters is that you feel aligned.

# Continuing the Journey

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