

# Exploring Your Connection To Life & To Your Life Purpose

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Here are some ways to support you in exploring your connection to life, and your life purpose.

## Exploring Connection To Life

1. What blocks you from staying connected to life?
2. What supports you to stay connected to life?
3. What are you grateful for? Identify the needs/values fulfilled. Feel them fully in the body/emotions

## Life Purpose Exploration

1. Do you have a sense or clarity about your life purpose?
2. What are you committed to?
3. Identify (write down, say and share) what you see/feel as your life purpose.

Some things to consider:

- What are your gifts and strengths?
- What are you passionate about?
- What are you dedicated to?