

# EXPLORE THE FOUR LEVELS OF PURPOSE!!

LIZWATT

*workbook*



## How To Do This Process

- Refer to the video “Can’t Find your Life Purpose? Here’s A Spiritual Perspective” - <https://lizwatt.com/videos/four-levels-of-purpose-2>
- Take a journal or print out this document
  - You might need multiple pages of page 3!!
  - Try to write by hand rather than type - it’s better to free up your mind.
- Set aside about 30-60 minutes for this process.
- Uncovering your purpose is a process that occurs over time. Don’t expect to get “the answer” the first go. Take the pressure off and treat this as a first draft.

## Step 01 | Understanding Purpose

**Purpose** is the reason for which something is done, created or exists.

**Meaning** is the thing or idea that something refers to or represents. It is the purpose, intention or significance of something.

Many people are searching for or trying to figure out their purpose or the thing that will create meaning and calm in their life. Often, they imagine this to be some epiphany or grand gesture that will help them help humanity. This is a part of a purpose. But we are complex beings, and there are different purposes for each aspect of ourselves.

- **Source purpose** is the meaning of life generally and why we are here. Ultimately, we are part of Source Consciousness and exist in our current form to aid expansion.
- **Higher purpose** is the meaning of your current life on Earth. It is what you are here to learn specifically, lessons, challenges and your vibrational imprint.
- **Soul purpose** is how you help others. It is how you impart the wisdom of your higher purpose and apply your individual lessons to support humanity and Earth at a collective level.
- Your **self-expression** is how you show up in the physical world. It is a tangible reflection of the extent to which you are aligned with these three levels of purpose and what you are here to do and be. It is expressed through your relationships, the body, mind and heart.

Some preliminary questions you could consider before you begin are:

- What does purpose mean to me?
- What is meaning to me?

*What does purpose mean to me?*

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*What is meaning to me?*

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