



PURPOSE & MEANING

Listening for what your soul is asking.

A Gentle Note Before You Begin

Life changes can make your purpose feel blurry. These prompts help you explore meaning, direction, and alignment as you grow through grief, transition, and the new chapter unfolding within you.

Journaling Prompts

PURPOSE & MEANING

Part 1 — Understanding My Inner Landscape

1. What aspects of my life feel meaningful right now?
2. What areas feel empty, unclear, or disconnected?
3. When do I feel most like myself?
4. What emotions arise when I think about purpose?
5. What does a meaningful life look like in this chapter?

Part 2 — Identity, Loss & Shifting Purpose

1. How has my sense of purpose changed since my loss or transition?
2. What identities no longer define me?
3. What parts of myself am I rediscovering?
4. What values matter more to me now than before?
5. What beliefs about purpose am I ready to release?

Part 3 — Clues, Curiosities & Quiet Callings

1. What small things spark curiosity, interest, or inspiration?
2. When did I last feel aligned or energized?
3. What themes keep returning in my thoughts or conversations?
4. What dreams have I ignored, postponed, or minimized?
5. What brings me a sense of meaning — even in tiny moments?

Part 4 — Purpose Through Movement & Travel

1. What insights has travel offered me about who I am?
2. What feelings surface when I'm alone in a new place?
3. What types of experiences feel purposeful to me on the road?
4. What parts of myself awaken when I explore?
5. What lessons has travel taught me about direction, possibility, or change?

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Part 5 — Alignment, Values & Personal Truth

1. What values do I want to live more intentionally?
2. What drains my sense of meaning — and why?
3. What relationships, habits, or expectations feel misaligned?
4. What actions help me feel connected to something larger than myself?
5. What truths about my purpose am I beginning to accept?

Part 6 — Stepping Into My Next Chapter

1. What future possibilities feel exciting or hopeful?
2. What small step toward meaning can I take this week?
3. What kind of life am I building now?
4. What inner strengths guide me forward?
5. What intention do I want to hold for my purpose journey?