

## On Purpose Now .

### ● ← “You Are HERE” RED DOT Worksheet

Think of a situation or relationship where you'd like to increase your sense of Freedom/Power/Peace/Joy/Inspiration etc. Let the scenes that come naturally play in your mind, paying close attention to the details and feelings.

Name the situation with a phrase. For example: In the situation with *Charlie Brown and Lucy*, regarding *how we make decisions about dinner*, I'd like more Freedom, Power and Inspiration.

In the situation with \_\_\_\_\_, regarding \_\_\_\_\_,  
Inspiration Passion Connection Abundance \_\_\_\_\_, I would like more - Freedom Power Peace Joy Grace  
(circle all you want OR list your own)...

Follow the sentence starting prompts below. Let your perspectives and experiences pour onto the paper unedited and without judgment. The objective is to see them. Say in your mind “In \_\_\_\_\_ situation”:

Witness your Perspective:

I think... \_\_\_\_\_  
\_\_\_\_\_

I believe... \_\_\_\_\_  
\_\_\_\_\_

What this means to me is... \_\_\_\_\_  
\_\_\_\_\_

The story I'm telling myself is... \_\_\_\_\_  
\_\_\_\_\_

The case I am making is (for/against)... \_\_\_\_\_  
\_\_\_\_\_

The voices I hear & images that come to mind are... \_\_\_\_\_  
\_\_\_\_\_

The victims are... \_\_\_\_\_

The villains are... \_\_\_\_\_

The heroes are... \_\_\_\_\_

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#### Witness your Experience:

The energies I see are (describe them - creative/destructive, light/dark etc.)... \_\_\_\_\_

My emotions are... \_\_\_\_\_

My feelings are... \_\_\_\_\_

The sensations in my body are (name them: a pit in my stomach, tight in my throat, burning windpipe, headache etc.)... \_\_\_\_\_

Now you have it. **YOUR Red Dot about this situation.**

### ● ← “You Are HERE”

- » You have 2 choices. You can judge these perspectives and experiences, or accept them.
- » THIS and nothing outside you is the source of all pain, suffering and misery you perceive and experience.
- » Once you have accepted “this is Your Red Dot”...

ASK – Are these conscious expressions of my Heartfelt Intentions or a devotion to giving my Gifts, living On Purpose and creating the Vision I have of a better self and world?

ANSWER Yes/No . IF your answer is no, ASK – How shall I proceed On Purpose Now?

- ? What are your options, how shall you give your Gift, live On Purpose, and build the Vision you have of a better self and world?
- ? SLOW down and listen, your Purpose itself will reveal this to you!

List 3 options for how you can express a greater sense of Freedom, Power and Inspiration:

1. *I could...* \_\_\_\_\_

2. *I could...* \_\_\_\_\_

3. *I could...* \_\_\_\_\_

√ *It is imperative that you **make a decision** On Purpose and choose how you will act on that decision.*

**I am deciding On Purpose Now to:** \_\_\_\_\_

√ **Run the next Play ...**

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