

EvolvingU

empowering a billion souls to evolve
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CLARIFYING YOUR SOUL PURPOSE LIFESTYLE

Also available in [recorded format](#).

In order to live your Soul Purpose Lifestyle you have to spend some time defining exactly what that would look like. If you are looking for direction and clarity in your life there is no better place to start than getting quiet and listening to your intuition, your inner voice, the authentic you.

You have to visualize those ingredients to which you are truly drawn before you can take action to create the reality you want. **THE CLARIFYING YOUR SOUL PURPOSE LIFESTYLE** exercise is one of the tools we use that assists you in gaining clarity around what you do and don't want to bring into your life.

If you are fed up with feeling overwhelmed and spinning your wheels and not seeming to get anywhere in terms of living the life you want, then it's time to get an honest appraisal from the inside out as to what's going on with you.

Even the thought of self appraisal can be overwhelming so at EvolvingU we love to break everything down into baby steps. You didn't build the life you have today in one day and you are not going to be able to create the life you want in one day either. What **you can do** is take a baby step and start to unravel what your intuition is saying; what your ego is saying and what is your truth! We start with your intuition and your truth and come back to the ego later!

If you are serious about change then follow the instructions below to make a start.

If you prefer to close your eyes and listen to a voice when engaging in the exercise listen to the recording of the visualization piece below.

- Have pen and paper ready to write when this exercise asks you to do so.
- Make sure you are in a comfortable, quiet place.
- Let your imagination go and see yourself in the story as you're reading this.
- Set aside a minimum of 22 minutes for the first time you work on the writing piece of Claiming Your Soul Purpose Lifestyle.

Take three deep breaths, in through the nose for 10 seconds, hold for 5 seconds, and let your breath out through your mouth for 10 seconds. Sometimes it helps with focus if you close your eyes.

Imagine you are on a private jet winging your way back to where you want to live. You have been away for a month in Tahiti, where it's been palm trees, relaxation, joy, fun, and happiness. You have been with people you love and with whom you enjoy spending time.

The reason you have been in Tahiti for a month is that you won 438 million dollars in your state lottery.

Whilst in Tahiti, you hired a financial consultant who had over 20 years experience working with lottery winners, and you gave her 30 million dollars and two lists.

On the first list was a list of all the charities, organizations, and places where you would like to put your money for support.

On the second list was a list of all the family and friends that you want to help in terms of paying off their houses, credit cards, school loans, etc., as well as setting up trust funds for your nieces and nephews and anyone else you would like to help.

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On the plane, the flight attendant comes to make sure you are settled in for landing and says to you,

"It's amazing what happened to you and how wonderful that you are helping out those that you love. **When you get back home, how are you going to spend your Time and Energy?**"

Focusing **ONLY** on your **Time and Energy**, leave the money behind.

Write spontaneously; do not edit. Keep writing until you cannot write any more about where you are spending your Time and Energy. Hear what the Universe and your intuition are telling you.

Final Review

Many of us would probably go travelling first and be with our families and friends more. You've done that for 6 months; NOW what are you going to do with your Time and Energy? Remember **spending of money is not** involved at this point. You can have no clarity around the financial piece of your life if you first cannot define where you want to spend your Time and Energy.

Keep adding to your list over about a 2 week period to gain more clarity about the *Ideal* of where you want to spend your time and energy.

How does this benefit you? If you say you want to design your life; if you have decided it's time to create your reality the way you want it to be, you have to gain some clarity around what that lifestyle would encompass. *Clarifying Your Soul Purpose Lifestyle* can be a beginning to that process.

Next Step

Now that you know how you want to spend your Time and Energy, what is one thing you can add or remove from your life that brings you closer to this? Share in the comment section, or the forum (members only) what you are committed to for your Next Step, and keep us posted. We love to see people succeed!

Thank you for becoming a participant at EvolvingU. We hope to see you on our free quarterly calls. If you'd like to [participate in our forum](#), and attend our monthly calls; be sure to join us as a [Member](#). When you do you'll receive the **WHEEL OF LIFE** as an additional clarifying exercise. That exercise will give you greater understanding of yourself and where you are in all the areas of your life! Gaining knowledge, wisdom and understanding of who you are at your core will help you develop the type of lifestyle that works for your authentic being!

Namaste,
The entire team at [EvolvingU](#)