

PURPOSE

PLAY BOOK



Why Play?

WHEN WE THINK ABOUT HOW WE'RE SPENDING OUR TIME... WITH FAMILY, FRIENDS, IN SCHOOL, AT WORK, WITH ALL OF THE DOING THINGS, IT'S NOT UNUSUAL TO WONDER... AM I DOING THIS RIGHT? SHOULD I BE DOING SOMETHING ELSE?

And what does it look like to live according to my purpose? Everyone is supposed to have one, right?

What if the answer was in the application of this simple equation?



In the pages of this workbook you have the opportunity to explore. Please do the activities that resonate with you. Look for the ways that what you're learning shows up around you and as opportunities for you.

Our playbook helps us set the intention for whatever we decide to do. When we do something with intention that is aligned to dreams, passion, the gifts we bring, and the love we share, then we can be certain, that the outcomes are purposeful, even if we might not personally witness it.

There are no "right" answers in these pages. Only your answers. My purpose has been a journey to put into these pages what will prompt you to create... with purpose.... I wish you much joy and inspiration in the process.

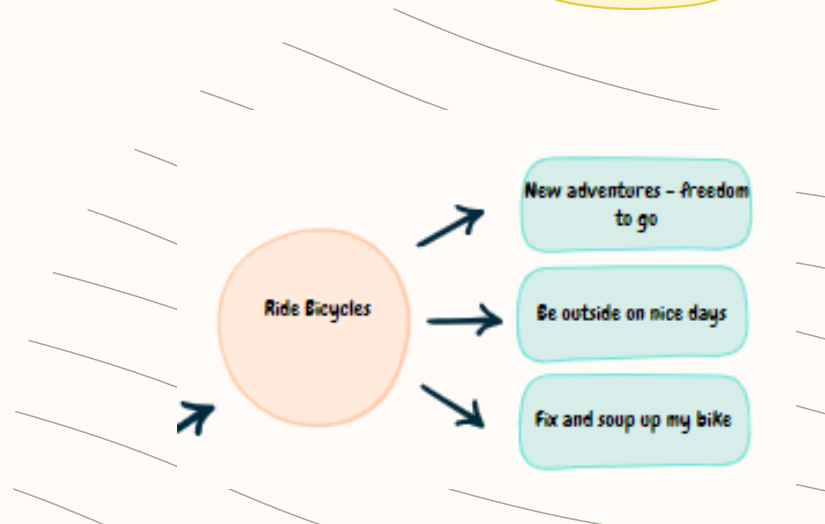
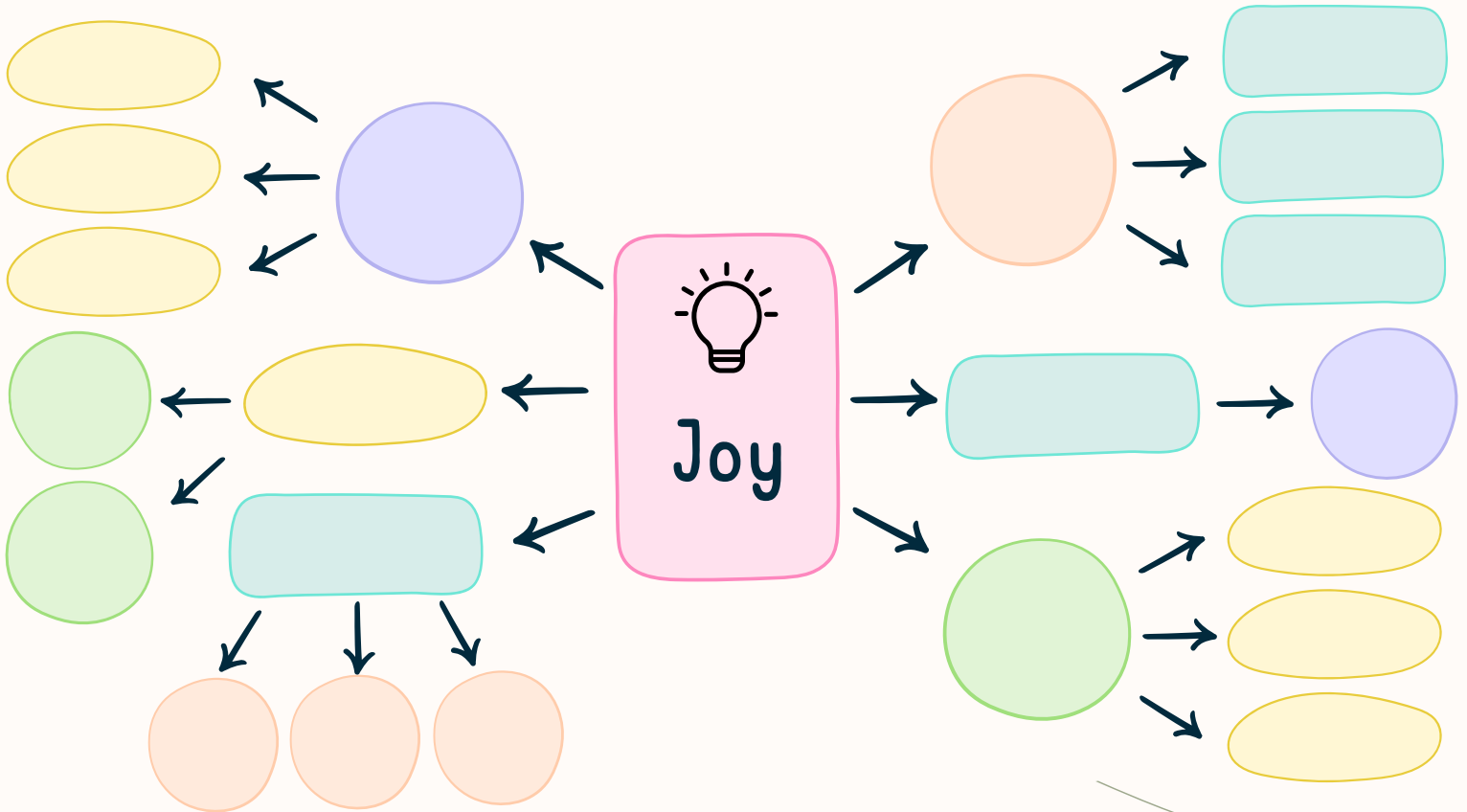
Tara.

Joy Map

LET'S TAKE A TRIP DOWN MEMORY LANE AND THINK ABOUT ALL THE THINGS THAT MAKE OUR HEARTS SING. WHAT ACTIVITIES BROUGHT US JOY AND WHY? LET'S JOT THEM DOWN BELOW.

- EXAMPLE 1: CAMPING TRIPS WITH FRIENDS. WHY? BEING SURROUNDED BY NATURE, TELLING STORIES AROUND THE CAMPFIRE, AND BONDING WITH FRIENDS. JOY: NATURE, FRIENDSHIP, AND ADVENTURE.
- EXAMPLE 2: PLAYING GUITAR. WHY? THE SOUND OF MUSIC, THE ABILITY TO EXPRESS ONESELF, AND THE CHALLENGE OF MASTERING A NEW SKILL. JOY: CREATIVITY, SELF-EXPRESSION, AND ACCOMPLISHMENT.

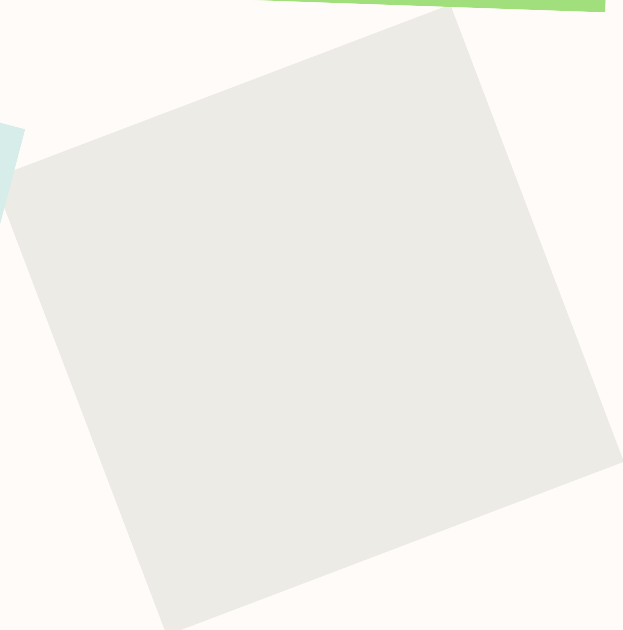
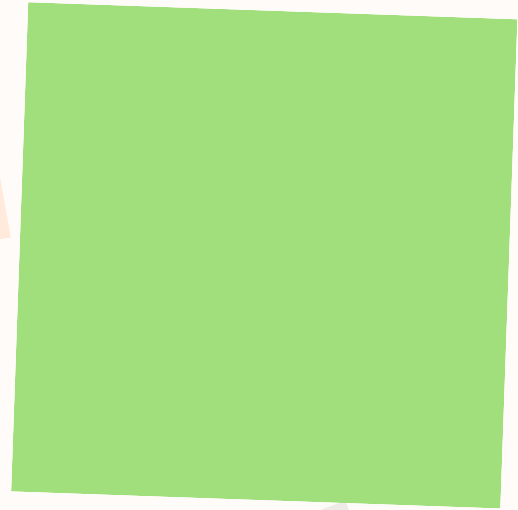
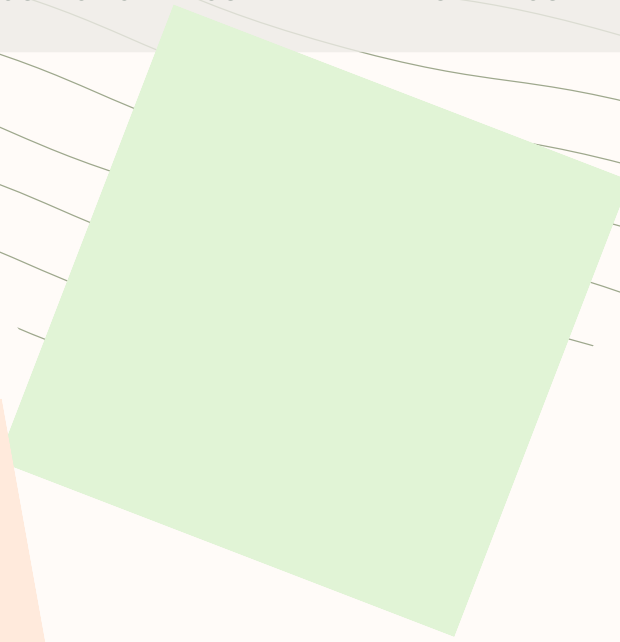
IN THE MAP BELOW, WRITE DOWN THE ACTIVITY IN THE FIRST BOX AND THE REASONS WHY IN THE OTHERS (AS SHOWN IN THE EXAMPLE). FEEL FREE TO ADD MORE LINES OR USE A BIGGER SHEET OF PAPER IF YOU NEED MORE SPACE!



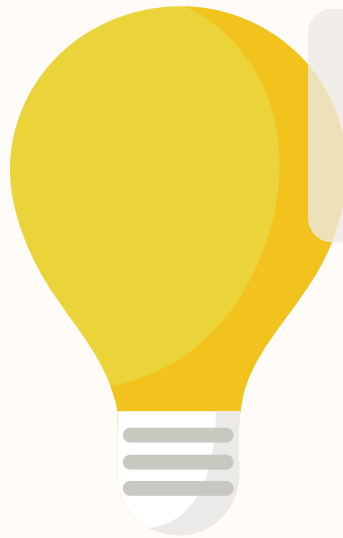
Themes

LET'S UNRAVEL THOSE OBSERVATIONS ABOUT YOUR MAP. WHO KNOWS, IT MIGHT JUST INSPIRE YOUR NEXT BESTSELLER! FIND THE JOY AND YOUR GIFTS!

WHAT DO YOU NOTICE ABOUT THE THEMES IN YOUR MAP?



Ideas



WHAT'S THE BIG IDEA? HOW ABOUT SPRINKLING A LITTLE MORE TIME INTO THE THINGS THAT IGNITE YOUR HAPPINESS? AFTER ALL, AIN'T THAT WHAT LIFE'S ABOUT?

Go all out and jot down every possible way you could invite more of those delightful moments into your life, no matter how far-fetched they may seem.



Aspire!

LET'S PICK ONE BIG IDEA AND ROCK IT! FEELING BOLD? WHY NOT GO FOR TWO! SKETCH OUT A BULLETPROOF PLAN OF ATTACK, TRACK YOUR MILESTONES, AND REMEMBER TO USE THE SMART APPROACH TO KEEP YOUR GOALS SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT, AND TIME-BOUND.

What do you want to achieve? Be specific.

Why is this important to you?

SMART Criteria:

- *Is your goal Specific? If it feels too big, break it down into smaller chunks. ,*
- *Can you Measure? How will you know you made it?*
- *Is it Achievable - Think about support you'll need to get there? Include in your plan,*
- *Is it Relevant, and Time-bound - Relevant to YOU, and within a time frame that you can see and feel good about progress.*

Action Plan: What specific actions will you take to achieve your goal? Include a deadline for each action step.

1.

2.

3.

4.

5.

Continued on next page...

Plot out potential roadblocks that might stand in the way of your goal and how you might overcome them.

Obstacles that may appear...

Possible solutions could be...

_____	>	_____
_____	>	_____
_____	>	_____
_____	>	_____
_____	>	_____
_____	>	_____

List any resources or support you need to achieve your goal.

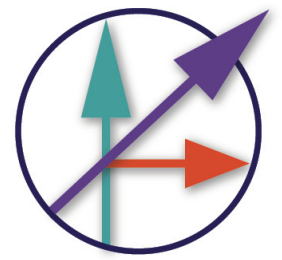
-
-
-
-
-
-

Who can you trust with your master plan that will keep you on track? Sharing your heart's desire with someone boosts your chances of reaching your aspirations!

A series of approximately 10 curved lines, starting from the right edge and curving downwards and to the left, providing a space for writing.

To the one
who reads by flashlight...
who sees mystical creatures in
the clouds...
who feels most alive in worlds
that could be...
who knows possibility is real...
who dreams....

THIS IS FOR YOU



Origin Coaching

**QUESTIONS?
CONTACT ME!**

EMAIL

TARA@ORIGINCOACHING.NET

Intersecting
purpose with
path.