



A Comprehensive Guide from Wholehearted
Healing Studio By Melissa Bishop, MBA - Using
the RAW Methodology

FINDING YOUR PURPOSE: A No-BS Workbook for Real Self- Discovery

Introduction: Let's Get Real About Purpose

Purpose isn't some mystical calling that strikes you like lightning. It's not about finding your "one true passion" or discovering you're meant to save the world. That's Hollywood BS.

Real purpose is about alignment - when who you are, what you value, and how you spend your time actually match up. It's about feeling like your life has meaning, even in the ordinary moments.

This workbook uses the RAW Methodology:

- Real Talk: Honest questions that cut through the fluff
- Authentic Growth: Practical exercises that reveal your true self
- Lasting Wellness: Sustainable practices for living with purpose

You don't need to quit your job, move to Bali, or start a nonprofit to have purpose. You just need to get clear on who you actually are and what actually matters to you.

Let's figure this out together.

Melissa Bishop

Part 1: REAL TALK - Getting Honest About Where You Are

Exercise 1: The Purpose Reality Check

Answer these questions honestly (no one else will see this):

1. On a scale of 1-10, how purposeful does your life feel right now?

___/10

2. What does "having purpose" mean to you?

3. When was the last time you felt truly excited about your life?

4. What story do you tell yourself about why you don't have purpose yet?

☐ "I haven't found my passion"

☐ "I'm not talented enough"

☐ "I don't have enough money/time/freedom"

☐ "I'm too old/young to start over"

☐ "I don't know what I want"

☐ Other: _____

5. If you could wave a magic wand and have any life, what would it look like?

Exercise 2: The Energy Audit

Purpose shows up in your energy levels. Notice patterns:

I feel most energized when I'm:

I feel most drained when I'm:

Activities that make me lose track of time:

Things I do that feel like "work" even though I enjoy them:

Exercise 3: The Childhood Clues

Before the world told you who to be, who were you?

As a child, I loved:

I was naturally good at:

Adults always said I was:

My favorite way to spend time was:

I dreamed of being:

What patterns do you notice between your childhood self and who you are now?

Part 2: AUTHENTIC GROWTH - Discovering Your True Self

Exercise 4: Values Clarification

Purpose comes from living your values, not chasing someone else's dreams.

Circle your top 10 values from this list:

Adventure • Authenticity • Balance • Beauty • Challenge • Community • Compassion •
Connection • Creativity • Excellence • Faith • Family • Freedom • Fun • Growth •
Health • Honesty • Independence • Influence • Innovation • Integrity • Justice •
Knowledge • Leadership • Learning • Love • Loyalty • Nature • Order • Peace •
Recognition • Security • Service • Spirituality • Stability • Success • Tradition • Travel •
Wealth • Wisdom

Now narrow it down to your top 5:

1. _____
2. _____
3. _____
4. _____
5. _____

For each of your top 5 values, answer:

Value 1: _____

- How are you currently honoring this value? _____

- How could you honor it more? _____

Value 2: _____

- How are you currently honoring this value? _____

- How could you honor it more? _____

Value 3: _____

- How are you currently honoring this value? _____

- How could you honor it more? _____

Value 4: _____

- How are you currently honoring this value? _____

- How could you honor it more? _____

Value 5: _____

- How are you currently honoring this value? _____

- How could you honor it more? _____

Exercise 5: The Strengths Inventory

Purpose often lies at the intersection of what you're good at and what the world needs.

I'm naturally good at:

People often come to me for help with:

Skills I've developed that I'm proud of:

Compliments I receive regularly:

Problems I love solving:

Exercise 6: The Passion vs. Purpose Distinction

Passion is what excites you. Purpose is what sustains you.

Things I'm passionate about (get excited about):

Things that give me a sense of purpose (feel meaningful):

Where do these lists overlap?

What does this tell you about your potential purpose?

Exercise 7: The Contribution Question

Purpose is often about how you contribute to something bigger than yourself.

If I could solve one problem in the world, it would be:

The type of people I most want to help:

The change I want to see in my community:

How I want to be remembered:

The legacy I want to leave:

Part 3: LASTING WELLNESS - Creating a Purpose-Driven Life

Exercise 8: The Purpose Statement Draft

Based on your work so far, complete these sentences:

My core values are:

My natural strengths are:

I feel most alive when:

I want to contribute by:

Now, write a rough draft of your purpose statement:

"My purpose is to use my _____ (strengths) to _____
(contribution) because I value _____ (core values) and feel most alive when
_____ (energy/passion)."

Your first draft:

Exercise 9: The Reality Integration Plan

Purpose without action is just a nice idea. How will you actually live this?

Small ways I can live my purpose in my current life:

At work:

In relationships:

In my community:

In my daily routine:

Bigger changes I might consider (no pressure, just possibilities):

Career shifts:

Lifestyle changes:

New commitments:

Exercise 10: The Obstacle Anticipation

What will try to stop you from living your purpose?

External obstacles:

☐ Time constraints

☐ Money concerns

☐ Family obligations

☐ Career demands

☐ Other: _____

Internal obstacles:

☐ Fear of failure

☐ Fear of success

☐ Imposter syndrome

☐ Perfectionism

☐ Self-doubt

☐ Other: _____

For your top 3 obstacles, create a plan:

Obstacle 1: _____

My plan to handle this:

Obstacle 2: _____

My plan to handle this:

Obstacle 3: _____

My plan to handle this:

Part 4: Daily Purpose Practices

The Morning Purpose Check-In

Each morning, ask yourself:

1. How can I honor my values today?
2. How can I use my strengths today?
3. How can I contribute something meaningful today?

The Evening Purpose Review

Each evening, reflect:

1. When did I feel most aligned with my purpose today?
2. When did I feel least aligned?
3. What can I adjust tomorrow?

Weekly Purpose Planning

Each week, plan:

1. One way to use your strengths
2. One way to honor your values
3. One way to contribute to something bigger than yourself

Monthly Purpose Assessment

Each month, evaluate:

1. Am I living more aligned with my purpose than last month?
2. What's working in my purpose journey?
3. What needs to shift?

Part 5: Purpose Myths vs. Reality

Myth: "You have one true calling"

Reality: Most people have multiple purposes that evolve over time.

Myth: "Purpose has to be your career"

Reality: Purpose can be expressed through work, relationships, hobbies, or volunteer activities.

Myth: "If it's your purpose, it will be easy"

Reality: Meaningful work often involves challenges. The difference is that it feels worth it.

Myth: "You'll know your purpose immediately"

Reality: Purpose often emerges through experimentation and reflection.

Myth: "Purpose has to change the world"

Reality: Purpose can be as simple as being a great parent, friend, or community member.

Myth: "You're too old/young to find purpose"

Reality: Purpose can be discovered and rediscovered at any age.

Part 6: When You Need More Support

Signs You Might Need Professional Help:

- You feel completely stuck despite working through this workbook
- You're dealing with depression or anxiety that's blocking your progress
- You have trauma that's interfering with your self-discovery
- You need accountability and support to make changes
- You want to explore deeper patterns that keep you from living purposefully

How Wholehearted Healing Studio Can Support Your Purpose Journey:

EFT Tapping for Purpose Blocks: Clear the emotional blocks that keep you from pursuing your purpose - fear, self-doubt, perfectionism.

Intuitive Coaching: Get clarity on your path through spiritual guidance combined with practical action steps.

Reiki Energy Healing: Restore your natural energy and remove energetic blocks to living authentically.

RLP Program: Our 12-week intensive program includes comprehensive purpose work as part of transforming your life patterns.

Akashic Records Readings: Access your soul's blueprint to understand your deeper purpose and life lessons.

Part 7: Your 30-Day Purpose Challenge

Week 1: Awareness

- Complete all exercises in this workbook
- Start daily morning and evening check-ins
- Notice when you feel most/least aligned

Week 2: Experimentation

- Try one new activity that aligns with your values
- Have one conversation about something you're passionate about
- Do one small act of service

Week 3: Integration

- Make one small change to align your daily life with your purpose
- Share your purpose statement with someone you trust
- Join or start one activity that connects you with like-minded people

Week 4: Commitment

- Create a 90-day plan for living more purposefully
- Identify what support you need going forward
- Celebrate how far you've come

Resources for Continued Growth

Books:

- "The Purpose Driven Life" by Rick Warren
- "Man's Search for Meaning" by Viktor Frankl
- "The Gifts of Imperfection" by Brené Brown

Practices:

- Regular meditation or prayer
- Journaling
- Volunteering
- Mentoring others
- Continuing education in areas that interest you

Community:

- Find others who share your values
- Join groups related to your interests
- Consider working with a coach or therapist
- Attend workshops or retreats

Final Thoughts: Purpose is a Practice, Not a Destination

Purpose isn't something you find once and then you're done. It's something you practice daily, refine regularly, and allow to evolve as you grow.

Some days you'll feel completely aligned with your purpose. Other days you'll wonder if you have one at all. That's normal and human.

What matters is that you keep showing up, keep asking the questions, and keep making choices that align with who you really are and what you really value.

Your purpose doesn't have to be perfect, profound, or permanent. It just has to be authentically yours.

You've got this. And when you don't feel like you do, that's what support is for.

Connect with Wholehearted Healing Studio

Ready for more support on your purpose journey?

This workbook uses the RAW Methodology: Real Talk about purpose, Authentic Growth through practical exercises, and Lasting Wellness through sustainable practices. Based on Melissa's 25+ years of experience in behavioral health and spiritual healing.

Your purpose is waiting. Let's discover it together.