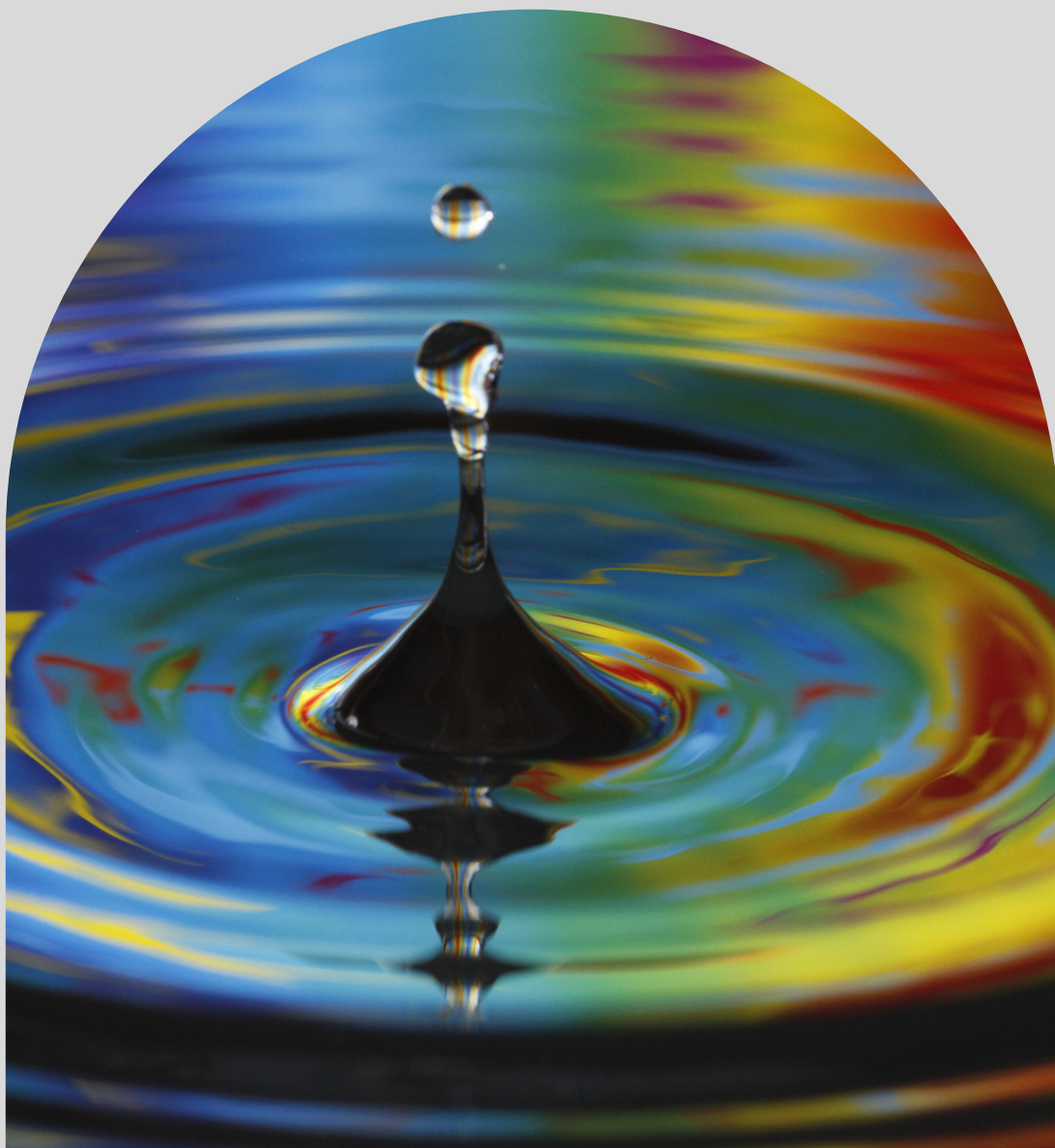




PURPOSE



PLAY BOOK



Origin
Coaching

Dreams

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 playbooks help 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.

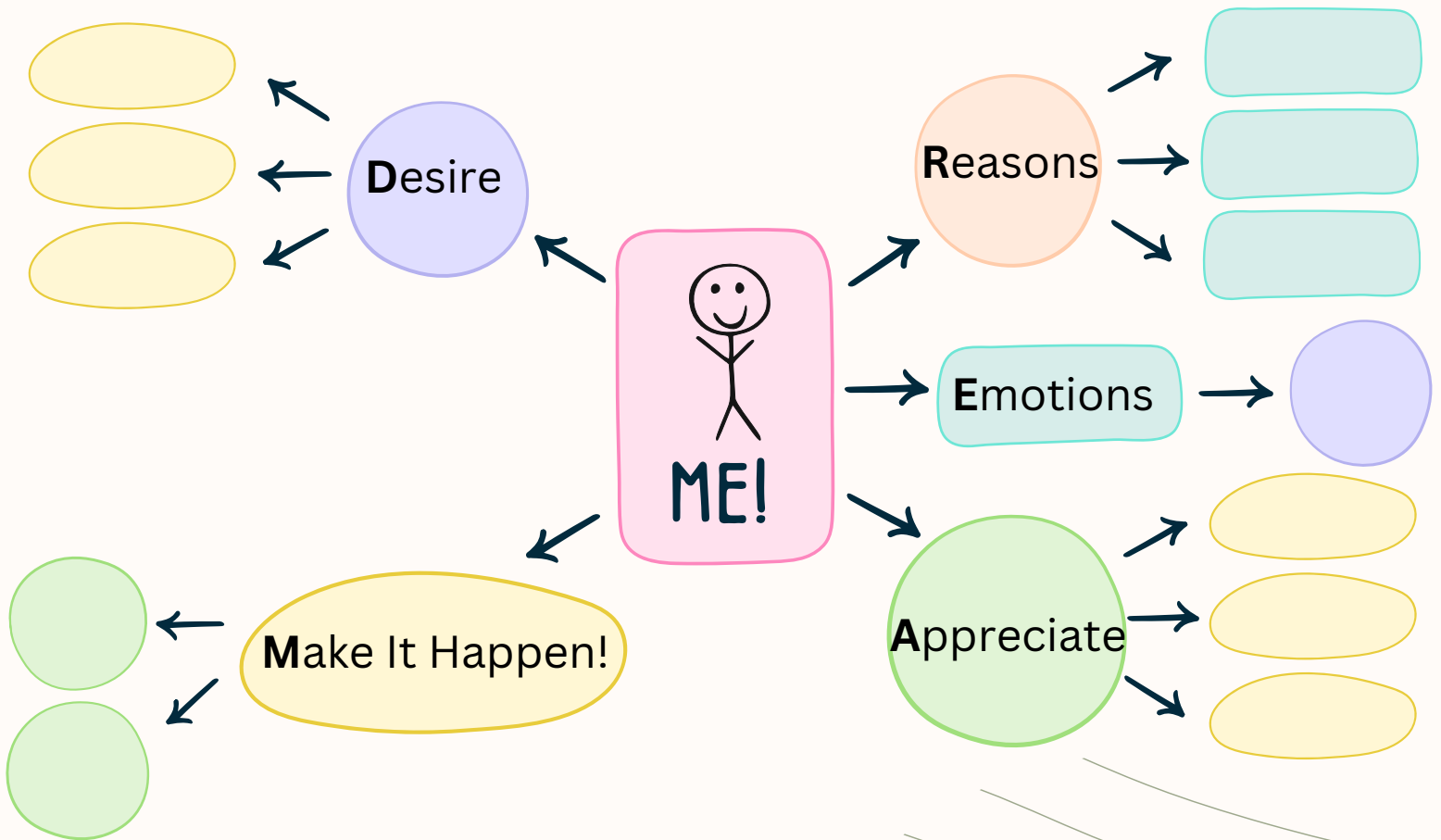
There are no "right" answers in these pages. Only your answers. My purpose has been a journey to put into these pages what will prompt you to create... with purpose.... I wish you much joy and inspiration in the process.
Tara.



WHAT IS YOUR DREAM? SOMETIMES WHEN I'M ASKED THAT I THINK, **I HAVE NO IDEA!** DOES IT CHANGE? DO I HAVE TO HAVE ONLY ONE? **HOW DO I EVEN BEGIN TO FIGURE IT OUT?** IF YOU'RE LIKE ME, YOU LOVE TO HAVE A PROCESS FOR THINGS AND THAT'S WHAT THIS WORKBOOK WILL DO.

FOLLOWING IS DREAM MAP. IT'S SIMPLY, ONCE COMPLETE, **A MAP OF IDEAS - YOURS!** USE THIS ONE OR....

FIND A LARGER PIECE OF PAPER OR POSTER BOARD AND DRAW A SHAPE IN THE MIDDLE.. IN THE MIDDLE OF THE SHAPE WRITE YOUR NAME, OR ME! AND THEN FOLLOW THE DIRECTIONS IN THIS WORKBOOK.



The fact that I was **given the dream** means that I have what it takes to **make it a reality!**

Build The Map

ADD YOUR ANSWERS TO THE FOLLOWING QUESTIONS AS CONNECTIONS TO THE CORRELATING SECTION ON YOUR MAP.

Desire

Right now, if you could manifest experiences for your life, what would you desire?

Emotions

Imagine the desire coming to be. How will you feel when it does?

Reasons

Why are these desires important to you?

Make It Happen!

What are some BHAG steps that you could take to make the dream happen?

Appreciate

Imagine the desire coming to be. What will you be grateful for?

DRAW AS MANY CONNECTIONS AS YOU NEED ATTACHED TO EACH WORD PROMPT ON YOUR MIND MAP TO ANSWER THE QUESTIONS. **DON'T WORRY HOW CRAZY** IT SOUNDS! JUST WRITE IT!

Break It Down Now!

LET'S PICK ONE BIG HAIRY AUDACIOUS GOAL (BHAG) 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 with this goal? 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, parallel lines, resembling a fan or a set of writing guides, located in the bottom right corner of the page.

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

www.origincoaching.net



Origin
Coaching

QUESTIONS?
CONTACT ME!

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Intersecting
purpose with
path.