



The Healer in Heels™

Purpose Alignment Coach  
Energy Healer

## Express Your Gifts and Purpose into the World

### Purpose:

1. What would you like to have left in this world as your legacy? (what would speakers say about you and your life; what kind of friend, family member, colleague were you; what character would you like them to have seen in you; what contributions and achievements would you want them to remember; what difference did you make in their lives or the world; what is your legacy?)
2. What would you like to change about the world for the better? (what issues in society or on the news make you most angry, what causes do you strongly believe in or connect with?)
3. What would you do if you were not limited by money and could not fail no matter what?
4. Recall the happiest moments in your life. What were you doing? What were the circumstances?
5. What gives you the most pleasure? What makes you smile? (activities, people, events, hobbies, projects, etc.)
6. **What are the common themes in your answers? To summarize the answers above, your purpose has to do with....**



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**Gifts:**

1. What accomplishments are you most proud of, big or small?
2. What do people typically ask you for help in?
3. What makes you unique/weird/different from others?
4. What makes you feel great about yourself? What are you good at? What qualities do you have that you are really proud of?
5. How can these things in #4 above help others?
6. What were some challenges, difficulties, or hardships you've overcome? How did you do it? What skills did you use to do it?



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### Review

1. What are some common themes or things you notice in your responses?
2. What are things you discovered about yourself?
3. Given your responses, what might you consider changing to create a better life for yourself?
4. How can your purpose and gifts discovered align with the legacy you want to leave?
5. What are small or big things you are start doing right now to express your purpose/gifts into the world? (Think daily interactions with people, lifestyle changes, emotional health, spiritual health, mental health changes? Or Bigger changes)