



# ELEVATE

Module 1:  
**Your life purpose**

Lesson 1:  
**How to discover your purpose**

Activity:  
**Discovering  
your purpose**



## Discovering your purpose

What are your Top 5 core values? The things that you believe are most important in life. (e.g., honesty, growth, connection, freedom, creativity).

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
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What are you deeply passionate about?

Think of the activities, causes, or subjects that excite and inspire you (e.g., teaching, art, helping others, nature, social justice)

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## Discovering your purpose

List 3-5 skills or strengths you have, areas where you feel confident or naturally gifted.  
(e.g., communication, problem-solving, leadership, empathy)

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How do you want to impact the world or others? How do you want to help people?

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## Journal

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# ELEVATE

Module 1:  
**Your life purpose**

Lesson 2:  
**Making your purpose a reality**

Activity:

**Making your purpose  
a reality**



## Making your purpose a reality

**Look back over your work for Activity 1 and then fill out the answers below:**

How aligned is your current life with your purpose?

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What areas of your life feel aligned?

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What areas need more attention or adjustment?

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## Making your purpose a reality

**Imagine a day in your life where you are fully living your purpose.**

What are you doing?

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How do you feel?

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What does your personal, professional, and social life look like when you are in full alignment with your purpose? Be as detailed as possible.

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## Making your purpose a reality

What specific goals will help you bring your purpose to life? Write down 3-5 goals that will move you closer to living in alignment with your purpose.

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- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
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For each goal, break it down into smaller action steps you can take over the next few weeks or months

### GOAL 1

### GOAL 2





## Making your purpose a reality

GOAL 3

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GOAL 4

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GOAL 5

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## Making your purpose a reality

**Look at your daily routine.**

What actions, habits, or commitments are out of alignment with your purpose?

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What small changes can you make to start living your purpose every day?

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How much time can you dedicate to your purpose each week?

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**Schedule that time into your calendar.**



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# ELEVATE

## Module 2: Health & Wellbeing

### Lesson 1: Putting your needs first

Activity:

## Reflecting on what you need



## Reflecting on what you need

**Take a moment to reflect on what you need to feel fulfilled and cared for.**

What do you need physically? (e.g., rest, exercise, nutrition)

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What do you need emotionally? (e.g., love, boundaries, support)

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What do you need mentally? (e.g., growth, quiet time)

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What do you need spiritually? (e.g., connection, peace)

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## Reflecting on what you need

**Reflect on how you currently spend your time and energy.**

How much of your day is spent meeting your own needs versus fulfilling the needs of others or external obligations?

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In what specific areas do you tend to neglect your own needs?

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What are the things you can say 'no' to in order to make space for your own needs?

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## Journal

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# ELEVATE

Module 2:  
**Health & Wellbeing**

Lesson 2:  
**Looking after yourself**

Activity:

## **My self care plan**



## My self care plan

What does self-care mean to you?

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How do you know when you're looking after yourself well?

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## My self care plan

Which specific activities make you feel cared for, relaxed, or recharged?

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Look at your schedule for the next week and plan at least one daily self-care activity and one longer weekly self-care practice.

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## My self care plan

Write down your self-care plan, including the times you'll dedicate to each activity.

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## Journal

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# ELEVATE

Module 3:  
**Your life purpose**

Lesson 1:  
**Doing what lights you up**

Activity:

## **Discovering what lights you up**



## Discovering what lights you up

**Think about the work or professional tasks that make you feel most alive and engaged. What projects, roles, or tasks give you energy instead of draining you? Write down 5-10 specific work activities that light you up.**

What projects, roles, or tasks give you energy instead of draining you? Write down 5-10 specific work activities that light you up.

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## Discovering what lights you up

How often do you get to do work that lights you up in your current role or business?

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Rate your alignment from 1 to 10. Write down why your score is what it is and what factors are contributing to it.

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What changes can you make to your current role, career path, or business to include more work that lights you up?

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## Discovering what lights you up

Set 2-3 specific goals to increase the alignment between your work and your passions.  
Break down each goal into smaller action steps you can start working on immediately.

### GOAL 3

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### GOAL 4

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### GOAL 5

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## Discovering what lights you up

How can you integrate more of what lights you up into your work life? Write down specific actions and schedule them into your calendar.

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What challenges might you encounter as you work toward doing more of what lights you up in your career or business? Write down 3 potential obstacles and your strategies for overcoming them.

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## Journal

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# ELEVATE

Module 3:  
**Your life purpose**

Lesson 2:  
**Creating your own opportunities**

Activity:

## **Creating opportunities**



## Creating opportunities

**Think about your current work or career.**

Are you waiting for opportunities to find you, or are you actively creating them? Write down your thoughts and reflect on any areas where you feel stuck or where opportunities are lacking.

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## Creating opportunities

What opportunities are available in your current role, business, or industry that you haven't yet pursued? Think about potential projects, partnerships, skills to develop, or new ideas. Write down 5-10 potential opportunities that excite you and align with your long-term career or business goals.

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## Creating opportunities

What gaps or unmet needs do you see in your workplace, business, or industry? Where do you see inefficiencies or challenges that you could solve? Write down 2-3 gaps that you could fill with your skills, ideas, or services.

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Do you feel the entrepreneurial pull? Write down some ways you could turn your natural skills and talents, and the things you currently help people with, into a business.

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## Creating opportunities

What connections or relationships could help you create new opportunities in your career or business? Write down 3 people you can reach out to for collaboration, advice, or mentorship, and describe how you will approach them.

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What fears or doubts do you have about creating your own opportunities? Write down at least 3 ways you can overcome these fears and take action. Focus on small steps you can take to build momentum.

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# ELEVATE

## Module 4: **Forgiveness**

### Lesson 1: **Learning to forgive**

Activity:

## **Learning to forgive**



## Learning to forgive

**Think about any situation or person (including yourself) that you need to forgive.**

What happened, and why has it been hard to let go?

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How does holding onto these feelings affect your emotional and mental wellbeing?

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What could change in your life if you chose to forgive?

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How would it feel to release the resentment, anger, or guilt you've been carrying?

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## Learning to forgive

What might have been going on in the other person's life that led to their actions?  
Could their behaviour have come from a place of hurt, fear, or misunderstanding?  
(e.g., communication, problem-solving, leadership, empathy)

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If you're forgiving yourself, what compassionate message would you give to a friend who made a similar mistake?

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## Learning to forgive

Write a letter to the person you want to forgive (or to yourself, if you are forgiving yourself). Express everything you feel—the hurt, the anger, the disappointment—without holding back.

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Now that you've let everything out, write or say out loud,  
**"I release you from this pain, and I release myself from the hurt. I choose to forgive because I deserve peace and healing".**

[illegible]





# ELEVATE

Module 4:  
**Forgiveness**

Lesson 2:  
**Diving deeper into forgiveness**

Activity:

## **Forgiveness affirmation**



## Forgiveness affirmation

**Reflect on the person or situation you are trying to forgive (or yourself).**

What deeper emotions are tied to this need for forgiveness?

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Is there underlying shame, guilt, fear, or betrayal that hasn't been fully explored?

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Write down the core emotions you feel when thinking about this situation.

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What beliefs do you hold about forgiveness?

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## Forgiveness affirmation

Do you believe that forgiveness means excusing the wrong or making yourself vulnerable? Consider how these might be holding you back from fully forgiving.

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Is there underlying shame, guilt, fear, or betrayal that hasn't been fully explored?

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Write down the core emotions you feel when thinking about this situation.

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What beliefs do you hold about forgiveness?

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## Forgiveness affirmation

**Forgiveness is a process, not a one-time decision. Reflect on the complexity of forgiveness and acknowledge that it's okay to still feel hurt or conflicted.**

How does this realisation change your perspective on forgiveness?

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**If you are holding onto self-blame or guilt, ask why it's been difficult to forgive yourself.**

What do you feel you should have done differently?

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How can you offer yourself compassion for being human and imperfect?

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## Forgiveness affirmation

Write a letter of self-forgiveness, expressing understanding and acceptance of your past actions.

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## Forgiveness affirmation

**Are there things you wish you had said to the person (or to yourself) that are still weighing on you?**

Write down any unspoken conversations or unresolved issues that are making forgiveness difficult. Expressing them can help release emotional blockages.

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**Forgiveness is a gift you give to yourself, not to the other person.**

Reflect on how choosing to forgive can free you from emotional pain and allow you to heal. Write down why forgiveness is an act of self-love and how it will help you move forward.

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## Forgiveness affirmation

Create a forgiveness affirmation that resonates with you. This could be a statement that helps you stay committed to the process of forgiveness and letting go. Post it somewhere you can see it regularly to remind yourself that you are choosing peace and healing.

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## Journal

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# ELEVATE

## Module 5: **Letting go of ego**

### Lesson 1: **What is ego?**

Activity:

## **Recognising ego**



## Recognising ego

What does the term 'ego' mean to you?

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How does ego show up in your thoughts, behaviours, or decisions?

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How does it influence your reactions to situations?

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## Recognising ego

**Think about a recent situation where you reacted strongly, felt the need to defend yourself, or sought validation from others.**

What thoughts or feelings came up? Could these have been influenced by your ego? Write down 2-3 situations where your ego may have been in control and how it affected your response.

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**When you notice your ego being triggered, pause and take a moment to breathe.**

How can you respond differently, with more self-awareness and less attachment to your ego? Write down 2-3 strategies for shifting from an ego-driven reaction to a more mindful, grounded response (e.g., pausing before speaking, focusing on curiosity instead of judgement)

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## Journal

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# ELEVATE

Module 5:  
**Letting go of ego**

Lesson 2:  
**Letting go to heal**

Activity:

**Letting go of ego to heal**



## Letting go of ego to heal

**Reflect on how your ego may be preventing you from healing emotionally or spiritually.**

Is it blocking you from being vulnerable, admitting fault, or letting go of control? Write down the ways your ego might be creating barriers to your healing process.

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What is your ego trying to protect you from? Is it shielding you from vulnerability, pain, or fear of being hurt again?

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Reflect on whether these defences are helping or hindering your healing process.

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## Letting go of ego to heal

**Healing requires vulnerability and letting go of the need to appear strong or in control.**

How can you allow yourself to be more vulnerable in your healing journey? Write down 2-3 ways you can embrace vulnerability in your life and allow yourself to heal more deeply.

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- 2 

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- 3 

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**Sit in a quiet space, close your eyes, and take a few deep breaths. Visualise the ego as a layer around you that has been protecting you but is no longer needed. With each breath, imagine releasing this layer, allowing yourself to become lighter and more open. Repeat silently, 'I release my ego, and I open myself to healing.'**

Write down how it felt to let go of these layers.

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## Letting go of ego to heal

**What specific attachments is your ego holding onto that are preventing you from healing? These could be the need for validation, holding onto a grudge, or wanting to control how things turn out.**

Write down 2-3 attachments you are ready to release, and reflect on how letting go will help you heal.

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Create a personal healing affirmation that helps you release your ego and stay open to healing.

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## Journal

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# ELEVATE

## Module 6: **Fear**

### Lesson 1: **How fear can hold you back**

#### Activity:

## **Recognising when fear is holding you back**



## Recognising when fear is holding you back

**Think about areas in your life where you feel stuck or avoid taking action.**

What fears might be holding you back? Are you afraid of failure, rejection, or the unknown? Write down 3-5 fear-based thoughts or behaviours that are preventing you from moving forward.

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## Recognising when fear is holding you back

**How is your fear trying to protect you? Is it keeping you safe from potential failure, rejection, or emotional discomfort?**

Reflect on what your fear is protecting you from and write it down. Understanding this can help you see fear as a natural response rather than an enemy.

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**Write down the consequences of letting fear dictate your choices and how it has limited your growth.**

How has letting fear control your decisions impacted your life or career?

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What opportunities have you missed because of fear?

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## Recognising when fear is holding you back

**Think about a fear you have that's holding you back. Is there evidence to support this fear, or is it based on assumptions?**

Reflect on times when you faced a similar fear and things turned out better than expected. Write down the evidence that challenges your fear.

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**Choose one fear that's holding you back and create a plan to face it with small, manageable steps.**

What is the first small action you can take to start overcoming this fear?

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## Recognising when fear is holding you back

Write down a step-by-step plan for gradually moving through this fear and building your confidence.

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Create a personal affirmation that helps you overcome fear and empowers you to take action.

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## Journal

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# ELEVATE

## Module 6: **Fear**

### Lesson 2: **How to move past fear and take confident actions in life**

#### Activity:

## **Moving past fear to confident action**



## Moving past fear to confident action

**Think about a specific fear that is stopping you from taking action in your life or career.**

What exactly are you afraid of? Be as specific as possible when writing down the fear that is holding you back.

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**What if this fear was an opportunity instead of a barrier? How could facing this fear help you grow, improve your skills, or lead to new opportunities?**

Write down how you can reframe your fear as a chance for growth.

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Write down your vision of success and how your life or career will change when you take confident actions.

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Write down your plan, including due dates.

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Write down your ritual and practice it before you take your bold steps.

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## Moving past fear to confident action

**Track your progress by noting each step you've taken to move past fear. Celebrate small wins and acknowledge how far you've come, even if the actions feel small.**

Write down your recent wins and how you'll reward yourself for taking confident actions.

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## Journal

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