

'The Word That Is My Purpose' Worksheet

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The Purpose of your Project or Calling is not a job description. It is a 'pre-verbal experience' that is captured and expressed by a single word. The 'Word that is your Purpose' is merely the 'speech sound' that expresses what is felt within your soul as your highest expression of Life. The Word itself is not nearly as important as the 'felt sense' that it engenders within you. The energy of your Word is the Purpose of your Life. Review the criteria and examples below, then close your eyes and ask your 'Higher Wisdom Self' to reveal to you the Word that is the Purpose of your Project or Calling in Life.

1. Write down your Purpose as a single Word:



(You may wish to use the back of this sheet to *doodle* with some possible Words.)

2. Assess the quality of your Purpose Word with the following criteria:

	Yes	No
1. Is your Word singular? (One word - Not a phrase.)	<input type="checkbox"/>	<input type="checkbox"/>
2. Is your Word a quality of God? (Love, Peace, etc. - See examples below.)	<input type="checkbox"/>	<input type="checkbox"/>
3. Does speaking your Word inspire you?	<input type="checkbox"/>	<input type="checkbox"/>
4. When you hear your Word spoken by others, does it attract your attention?	<input type="checkbox"/>	<input type="checkbox"/>
5. Does your Word describe an area of your life where you are challenged?	<input type="checkbox"/>	<input type="checkbox"/>
6. When you are in the experience of your Word do you lose track of time?	<input type="checkbox"/>	<input type="checkbox"/>
7. Can you think of a way to assess if your Word is being expressed?	<input type="checkbox"/>	<input type="checkbox"/>

Total number of boxes checked in each column:

— —
Good ?

Look at the total number of boxes that you have checked in each column, and notice how the numbers make you feel. Remember, you don't need a perfect score to have a good Purpose. Next, go within and ask your 'Higher Wisdom Self' if this is what God wants to will, and to do, through you for the highest and greatest good of all concerned. Also, ask for any additional wisdom that will guide you in making your assessment of your Purpose. Finally, use your best judgment to check the appropriate box below.

YES, this is a good Purpose.

NO, this Purpose needs to be refined.

3. Assessing the expression of your Purpose:

Write down a place in your life where your Purpose is already being expressed. Then, circle the action which you intend to take to express your gratitude for this activity. Come back and check it off once it has been taken. Remember: *"Whatever you are grateful for will increase."*



Action: Call Card E-mail Verbal Gift \$Gift Prayer Other:

Following are several possible Words that might serve as a Life Purpose:

Abundance · Beauty · Freedom · Harmony · Joy · Love
Order · Peace · Power · Unity · Wholeness · Wisdom

My Promise from God Worksheet

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To build your Inspiration upon a 'Promise from God' gives it power and authority. In essence, you are tying the activity of your Inspiration to a Principle that has withstood the test of time. Consequently, your 'Promise from God' will serve as the 'solid foundation' upon which to build your Inspiration in the World.

1. Find Your 'Promise from God,' as follows:

- Review the wisdom worksheet entitled 'What is a Promise from God?' [Pg. 3]
- Refer to any source of written wisdom that is meaningful to you. One of the best resources for the 'Promises of God' is the Holy Bible, especially the New Testament.
- Use the Index or a Concordance to find references to the 'Word that is your Purpose' within the book that you have chosen. Then, look them up and read them aloud.
- On the back of this sheet, or in your Journal, write down those verses that seem to give you hope, or inspire you in some way when you read them aloud.
- Review your collected verses and then go within and ask your 'Higher Wisdom Self' to guide you in selecting the 'one verse' that will best serve as your 'Promise from God.'

2. Write down your 'Promise from God' and it's source below:

Source: _____

3. Evaluate your 'Promise from God' with the following criteria:

	Yes	No
1. Does your Promise contain the Word that is your Purpose?	<input type="checkbox"/>	<input type="checkbox"/>
2. Does reading your Promise aloud inspire you?	<input type="checkbox"/>	<input type="checkbox"/>
3. Is your Promise drawn from, or consistent with the Sacred Scriptures?	<input type="checkbox"/>	<input type="checkbox"/>
4. Is you Promise a Principle that will not change over time?	<input type="checkbox"/>	<input type="checkbox"/>
5. Can your Promise be construed as an agreement or covenant with God?	<input type="checkbox"/>	<input type="checkbox"/>
6. Can you conceive of a way that your Promise can be fulfilled by Love?	<input type="checkbox"/>	<input type="checkbox"/>
7. Is your Promise short enough that you can easily memorize it?	<input type="checkbox"/>	<input type="checkbox"/>

Total number of boxes checked in each column: _____
Good ?

Look at the total number of boxes that you have checked in each column, and notice how the numbers make you feel. Remember, you don't need a perfect score to have a good Promise. Next, go within and ask your 'Higher Wisdom Self' if this Scripture reveals what God wants to do through you. Also, ask for any additional wisdom that will guide you in making your assessment of your Scripture. Finally, use your best judgment to check the appropriate box below.

YES, this is a good Promise. NO, a different Promise needs to be found.

Following are a couple of sample Promises followed by the Purpose they support:

- "And you shall know the Truth, and the Truth shall make you free." ...John 8:32 (Freedom)
- "Whoever dwells in Love dwells in God, and God dwells in them." ...1 John 4:16 (Love)
- "Ask, and you shall receive, that your joy may be full." ...John 16:24 (Joy)

Review the eight areas of Intention in Section 4 of the 'Creating a Sacred Covenant' Instructions. Use the descriptions provided there to assist in answering the following questions. Then check off any of the 'Optional Intentions' that you feel should be included in your Sacred Covenant. When you are finished, go back through your responses and circle key words that need to be included in the creation of your Intentions.

✓ Self-Realization

ESSENTIAL INTENTIONS

How do you want to 'be' in the expression of your Project or Calling?

✓ Self-Revelation

More >

What do you want to give, or create through the in the expression of your Project or Calling?

✓ Self-Support

More >

How do you want to be supported in the expression of your Project or Calling?

Relationships

OPTIONAL INTENTIONS

More >

Will the expression of your Project or Calling intimately involve other people? Yes No
Who would be blessed through the expression of your Inspiration?

Is there anyone you need to forgive for the full expression of your Project or Calling?

Enrichment

More >

Is prosperity an integral part of your Project or Calling? Yes No
Who all will be prospered through the expression of your Project or Calling?

Wellness

More >

Does the expression of your Project or Calling involve a physical healing? Yes No
Who will be healed by the expression of your Project or Calling?

Lifestyle

More >

Will the expression of your Project Calling significantly change lives for the better? Yes No
Whose lives will be changed for the better through the expression of your Project or Calling?

How will the these lives be changed for the better by the expression of your Inspiration?

Leisure

More >

Is the expression of your Project or Calling something that you would particularly enjoy doing? Yes No
What would you most enjoy about the expression of your Project or Calling?

Who else might enjoy the expression of your Project or Calling?

More >

My Intention Worksheet 13.1

An Intention is not an objective, which is what you want to get or possess. An Intention is what you want to give or express. Consequently, Intentions are more closely aligned with your motives, and serve to define the quality of your creative expression.

1. Write out your Intention in the fewest possible words (twenty or less):

To _____

(You may wish to use the back of this sheet to *doodle* with some draft intentions.)

2. Assess the quality of your Intention with the following criteria:	Yes	No
1. Is your Intention short and to the point? (Twenty words or less.)	<input type="checkbox"/>	<input type="checkbox"/>
2. Is your Intention objectiveless? (Could never be checked off as <u>fully</u> completed.)	<input type="checkbox"/>	<input type="checkbox"/>
3. Does your Intention have a singularity of purpose? (Not about two things.)	<input type="checkbox"/>	<input type="checkbox"/>
4. Does your Intention contain a quality of God? (Love, Peace, Joy, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
5. Does your Intention describe something good for yourself or for another?	<input type="checkbox"/>	<input type="checkbox"/>
6. Does your Intention <u>preclude</u> the necessity for someone else to change?	<input type="checkbox"/>	<input type="checkbox"/>
7. Will your Intention be <u>harmless</u> to others?	<input type="checkbox"/>	<input type="checkbox"/>
8. Does your Intention serve humanity in some way?	<input type="checkbox"/>	<input type="checkbox"/>
9. Will your Intention stimulate your spiritual growth?	<input type="checkbox"/>	<input type="checkbox"/>
10. Does reading your Intention inspire you?	<input type="checkbox"/>	<input type="checkbox"/>

Total number of boxes checked in each column:
Good ?

Look at the total number of boxes that you've checked in each column, and notice how the numbers make you feel. Remember, you don't need a perfect score to have a good intention. Next, go within and ask your 'Higher Wisdom Self' if this is what God really wants to do through you. Also, ask for any additional wisdom that will guide you in making your assessment. Finally, use your best judgment to check the appropriate box below.

YES, this is a good Intention. **NO, this Intention needs to be refined.**

3. Assessing the expression of your Intention:

Write down a place in your life where you can already see your Intention working. Then, circle the action which you intend to take to express your gratitude for this activity. Come back and check it off once it has been completed. Remember: *"Whatever you are grateful for will increase."*



Action: Call Card E-mail Verbal Gift \$Gift Prayer Other:

Following are a few sample intentions to us use as a guide:

- To express unconditional Love in all of my relationships.
- To bring more Beauty into the world through musical expression.
- To be fully Supported and financially Prospered in the expression of my intentions.
- To be a blessing unto the lives of everyone I meet.
- To serve Humanity from the highest level of my being, which is Christ

A Vision is a statement of how you see your Project or Calling unfolding in the world. It is a summation that captures the 'collective essence' of the Intentions you have set. Your Vision also serves a 'public statement' about the nature of your Project or Calling. Review the criteria and examples below, then close your eyes and ask your 'Higher Wisdom Self' to guide you in finding the right words to describe the Vision of your Project or Calling.

1. Write out your Vision in seven words, or less, by finishing the statement "I see myself..."

(You may wish to use the back of this sheet to *doodle* with some draft Vision statements.)

2. Assess the quality of your Vision with the following criteria:	Yes	No
1. Is your Vision short and to the point? (Seven words or less.)	<input type="checkbox"/>	<input type="checkbox"/>
2. Does your vision have singularity of Purpose? (Not about two things.)	<input type="checkbox"/>	<input type="checkbox"/>
3. Does your Vision capture the collective essence of your Intentions?	<input type="checkbox"/>	<input type="checkbox"/>
4. Does your Vision contain a quality of God? (Love, Peace, Joy, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
5. Does your Vision serve humanity in some way?	<input type="checkbox"/>	<input type="checkbox"/>
6. Is your Vision objectiveless? (Could never be checked off as fully completed.)	<input type="checkbox"/>	<input type="checkbox"/>
7. Does your Vision contain a minimal reference to forms?	<input type="checkbox"/>	<input type="checkbox"/>
8. Is your Vision without Intention? (Does <u>not</u> start with the word 'To')	<input type="checkbox"/>	<input type="checkbox"/>
9. Does the Name of your Project and your Vision support each other?	<input type="checkbox"/>	<input type="checkbox"/>
10. Could your Vision be used as a slogan to describe your Project?	<input type="checkbox"/>	<input type="checkbox"/>
11. If you printed your Vision on your business card would it make sense?	<input type="checkbox"/>	<input type="checkbox"/>
12. Can you think of a way to assess that your Vision is being expressed?	<input type="checkbox"/>	<input type="checkbox"/>

Total number of boxes checked in each column:
Good ?

Look at the total number of boxes that you have checked in each column, and notice how the numbers make you feel. Remember, you don't need a perfect score to have a good Vision. Next, go with-in and ask your 'Higher Wisdom Self' if this is what God wants to do through you. Also, ask for any additional wisdom that will guide you in assessing your Vision. Finally, use your best judgment to check the appropriate box below.

YES, this is a good Vision. **NO, this Vision needs to be refined.**

Following are a couple of sample Visions to us use as a guide:

- Revealing the Power of Love – (Minister)
- Singing in the Spirit – (Musician)
- Healing with Hands of Love – (Massage Therapist)
- Living in Financial Freedom – (Financial Planner)
- Home is Where My Heart Is – (Homemaker)

The Name of My Project or Calling Worksheet

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A Name is a 'holistic symbol' for the Purpose, Vision and Intentions of your Project, or Calling. In this sense, it is a 'verbal icon' that represents the *essence* of your Inspiration. Review the criteria and examples below, then close your eyes and ask your 'Higher Wisdom Self' to reveal to you the perfect Name for your Project, Calling or Inspiration.

1. Write the Name of your Project or Calling in the fewest possible words (Three or less):

(You may wish to use the back of this sheet to *doodle* with some possible Names.)

2. Assess the quality of your Name with the following criteria:	Yes	No
1. Does your Name have singularity of purpose? (Not about two things.)	<input type="checkbox"/>	<input type="checkbox"/>
2. Is your Name short and to the point? (Three words or less.)	<input type="checkbox"/>	<input type="checkbox"/>
3. Does your Name capture the essence of your Calling?	<input type="checkbox"/>	<input type="checkbox"/>
4. Does your Name evoke a positive response in you when you hear it?	<input type="checkbox"/>	<input type="checkbox"/>
5. Does your Name have a deeper symbolic meaning?	<input type="checkbox"/>	<input type="checkbox"/>
6. Is your Name rhythmic, imaginative and playful?	<input type="checkbox"/>	<input type="checkbox"/>
7. Is your Name easy to pronounce and remember?	<input type="checkbox"/>	<input type="checkbox"/>
8. If your Name was on a business card or stationary would it make sense?	<input type="checkbox"/>	<input type="checkbox"/>

Total number of boxes checked in each column: — —
Good ?

Look at the total number of boxes that you have checked in each column, and notice how you feel about the numbers. Remember, you don't need a perfect score to have a good Name. Next, go within and ask your 'Higher Wisdom Self' if this is what God wants you to name your Project or Calling. Also, ask for any additional wisdom that will guide you in making your assessment of your Name. Finally, use your best judgment to check the appropriate box below.

YES, this is a good Name.

NO, this Name needs to be refined.

Following are a few sample Names to us use as a guide:

- NovaTech ... (Spiritual Materials Developer)
- Marcia's Christ Ministry ... (Minister)
- Sacred Goblet ... (Vintner Consultant)
- Phoenix Rising ... (Spiritual Mentor)
- Healing Hands ... (Massage Therapist)
- Gracious Life ... (Minister)
- AngelTonk ... (Musician)
- Song of Susan ... (Singer)

Icon

Name: _____

Promise: _____

Purpose:  _____

Vision:



My Intentions for my Project or Calling are:











