



Calliope's

# Purpose Book

A MINDFUL WORKBOOK TO HELP YOU  
TURN YOUR PURPOSE INTO ACTION

# Hello!

At Calliope, it is our mission to connect people with their purpose and inspire action so we can collectively create a regenerative world. We created Calliope to guide people through this process in an online, community setting facilitated by expert wellbeing practitioners. We have prepared this "purpose book" to help you get your ideas down and ready to turn them into action. We can't wait to see your purpose projects come to life!

*Momoko & Mara*

Calliope Co-Founders



Mara Waldhorn



Momoko Ogihara



# How to Prepare

Connecting with your true purpose takes a dedication to inner work. So we invite you to really carve out time to intentionally complete this "purpose book" in a quiet setting.

## **Before starting:**

- We suggest setting aside one hour to complete this session, preferably in one, uninterrupted sitting if you can make time for it.
- We will be creating a vision board, so collect whatever materials you may want to use to bring this to life. You might just want to write or draw, or perhaps you want to bring some materials to create more of a scrapbook effect.
- Light a candle, some incense or burn some essential oils to open the space.
- Set an intention for this personal purpose session to bring forth a project that comes from your heart.
- Do a short 5 minute meditation to clear your mind of distractions, perhaps placing your hands on your heart centre (or anywhere that you feel called to connect with).

*Let's get started!*



## Journaling Session

Journaling is a fantastic tool to connect with our inner selves. To start our journey, we invite you to contemplate a few questions and write in free flow.

**Try not to overthink it!**

**List a few activities that you would be excited to do right now.**

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**What do you feel are your greatest strengths? This can be professional skills, personality traits, etc.**

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*Trust your intuition*



**In what area would you most like to make an impact in the world?  
This could be a particular social or environmental cause.**

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**How could you see yourself contributing to this area? Don't be  
afraid to think big!**

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**What changes would you like to  
help people, or the planet,  
achieve?**

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## Tip

When trying to make a decision, pay attention to how it makes you feel inside. Close your eyes and imagine yourself doing that activity, do you feel yourself closing up inside, like a contraction, or do you feel an expansion, an opening?



**Close your eyes for a few moments and think about your own personal purpose project. When you open your eyes, use this space to write down the first words that come to your mind. This doesn't have to be full sentences, just individual words is fine...**



# Vision Boarding Your Purpose Project

If you are filling out this purpose book, you either already have a purpose project, or you know that there is one inside you ready to come out! If you already know what your project is, this is your chance to get it all down on paper. If you're still not sure, vision boarding is an excellent way to help bring shape to your purpose project.

## *Tips*

- Feel free to use this page as a print out - If you want something bigger you can use a larger sheet of paper (or even a canvas!) that you have at home.
- This vision board is all yours! You can write, draw, sketch, paint, stick down pictures or magazine cutouts.. it's your blank canvas to fill.
- Ideas for material sources: Pens, pencils, magazines, postcards, newspapers, photographs, watercolour paint, acrylic paint, biro, old clothes, items from nature such as leaves, shells, or flowers.
- Make your favourite drink and put on some feel good music while you work!
- When you're finished, put it somewhere you can see everyday. On the wall in your bedroom, on the fridge or bathroom mirror are just a few options...



*Fill me...*

# Next Steps

We hope you enjoyed your vision boarding! Now, let's get some tangible ideas down on paper...

**A BRIEF DESCRIPTION OF MY  
PURPOSE PROJECT**

**FOUR OR FIVE THINGS I CAN DO  
TO BRING MY VISION TO LIFE**

# Thank-you!

We hope this "purpose book" has helped you to gain more clarity on how to turn your purpose into action!

If you would like to take this a step further, why not explore taking part in one of our Calliope workshops or our full-length program designed to "turn your purpose into action." In these sessions, we create a container where you will be guided to help you bring your project to life in an online community setting, led by wellness experts who will share mindfulness techniques designed to help you stay connected to your purpose.

**Let's do this!**



Stay in  
touch



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