

Purpose Clarity Checklist

Lead A Life You Love: From Burnout To Fire with Lexie Loman

Lighthouse Wellness OKC — Heal. Play. Thrive.

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Welcome to Your Journey

Hi, I'm Lexie Loman! I empower high-achieving women in their 30s who are exhausted and burned out from relentless box-checking and putting everyone's needs ahead of their own, ready to reignite their inner fire with renewed purpose, vibrant energy, unshakable confidence, the joy of waking up inspired, the freedom to pursue their passions, and relationships that uplift rather than drain. This checklist is your first step to clarify your purpose and spark your passion!

Your Purpose Clarity Checklist

Purpose is the driving force behind motivation. When we have a clear sense of purpose, it fuels our actions and helps us navigate challenges. Reflect on these questions to uncover your "why" and find your passion:

- 1. What past experiences make you feel a deep sense of pride?**
These moments often provide clues about what truly matters to you and where you derive your sense of purpose.
- 2. What frustrates or angers you most?**
Sometimes, what frustrates you can reveal your "why," as it highlights what you care deeply about.
- 3. How can you use your unique talents to make a difference?**
When you tap into your talents for positive impact, you connect to your deeper sense of purpose.
- 4. What activities or moments make you feel most alive?**
Reflect on times of joy or energy to identify passions that give your life meaning and purpose.
- 5. What would a purposeful life look like for you in your 30s?**
Vision one key element, like balancing career and passions, to reinforce your long-term "why."
- 6. What daily habit can you start to align with your purpose?**
Reinforce your "why" with small actions that prioritize what fuels you.

Ready to Ignite Your Fire?

This checklist is just the beginning! Join my free Facebook group *Lead A Life You Love: From Burnout To Fire* to connect with high-achieving women in their 30s and get more tools like this. Click here: facebook.com/groups/leadalifeyouloved For deeper transformation, sign up for the free *Uncover You* 5-Day Challenge: lighthouseokc.com/uncover-you.

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