

# Discover Your Deepest Yes

2023 Online Retreat



Discover Your Deepest Yes  
Day 2



# Agreements



## **Show up for yourself completely.**

- Be compassionate with yourself.
- Lean in when you feel uncomfortable.
- Be fully present and engaged.
- Be on time.

# *Session 3: Purpose & Mission*



# Purpose & Mission Steps



## Uncovering and acting from purpose:

- Identify the blocks you have to knowing and enacting your purpose and actively work with those blocks to heal them.
- Develop a relationship with the parts of you that are holding you back from knowing and enacting your purpose - just like we did today.
- Access your inner wisdom on a regular basis to find out your purpose and what your next steps for enacting your purpose are.
- Commit to taking inspired action in the direction of your purpose and make purposeful choices in your life.