



AUTHENTICITY & PURPOSE

REFLECTION SHEET

WHISPER NO. 15 OF 52

ABOUT THIS WHISPER

Living authentically means being true to your heart, values and unique essence. Your purpose is the natural expression of who you are. This Whisper encourages you to honour your truth and take meaningful steps toward a life that feels deeply aligned and fulfilling.

“Your purpose isn’t something you find. It’s something you remember when you live in truth.”

– UNKNOWN

DATE: _____

A SIGN I NOTICED OR QUESTION I HAVE: _____



WHAT LIGHTS ME UP AND MAKES ME FEEL MOST ALIVE?

What activities or moments make me lose track of time?



WHAT VALUES MATTER MOST TO ME?

Am I living in alignment with what truly matters to my heart?



WHAT IS MY UNIQUE WAY OF CONTRIBUTING TO THE WORLD?

What gifts, talents or perspectives can only I offer?



WHERE AM I HOLDING BACK OR PRETENDING TO BE SOMEONE I'M NOT?

What fears or judgments keep me from being fully me?



WHAT WOULD MY LIFE LOOK LIKE IF I FULLY LIVED MY PURPOSE?

How would I feel, what would I do and who would I become?



WHAT IS ONE SMALL, AUTHENTIC STEP I CAN TAKE TODAY?

What action can I take that honours my truth and moves me forward?



ADDITIONAL REFLECTIONS

Anything else I would like to note.

CAROLE'S WHISPER

When you live authentically, everything flows with more ease and meaning. You were never meant to fit in—you were meant to stand in your truth.



AFFIRMATION

*I honour who I truly am.
I trust my path and walk it with courage.
My purpose flows through me.*