

E-BOOK

3 QUESTIONS TO PURPOSE

*An initiation to discovering the
reason you're here & unlocking
unlimited abundance.*

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INTRODUCTION

YOUR PURPOSE IS NOT LOST AND IN NEED OF FINDING, IT IS EMBEDDED IN YOUR BEING JUST AS YOUR DNA IS EMBEDDED IN YOUR BODY.

Purpose can be a tricky thing. We live in a society in which we are taught there is a right and wrong, that there is success and there is failure. From a very early age, we are fed ideas of not only what we *could* be but also what we *should* be. And while the guidance we received from our caretakers and teachers certainly does not have to be blamed - after all, they were taught in the same way they taught us - it created subconscious limitations to what we think we could or should be.

Perhaps you experienced the classic programming of “you should be a lawyer, a doctor, *insert any other prestigious career path you were conditioned with*”. Maybe you were the high-achiever in your class who was constantly encouraged to be and do more, or maybe you were considered a “bad” student and made to feel as if you are a failure altogether. The good news is (and there is only good news): at this point, it truly does not matter what you were taught back as the point and way of connecting with your purpose is to **let go** of all those stories.

Listen carefully: your purpose is **not in need of finding**. You live your purpose whether you realise it or not. The only reason you feel like you can't see it is because of the stories you were taught. And yes, I keep saying stories for a reason. It may be difficult to accept if you hear this for the first time, but the truth is: everything you were taught you should be is *other people's ideas of what they think their life should look like*. Can you see that you were fed *their dreams* of what they think is right? You were born pure and innocent and you were *taught* the way the world works, so it was never yours to begin with.

WHAT IS “PURPOSE”?

There is a lot of information about purpose out there and for good reason: purpose is a completely unique and personal experience.

You are the only one who can understand and connect with your purpose.

This means that there is no psychic, guru, system or external thing that can tell you what your purpose is in the precise way that it is intended to be. Sure, astrology and human design can be helpful, but relying on them completely can come at the expense of your own intuition.

Your purpose serves you and the collective, and is therefore divinely supported.

You are always guided to your wholeness and your purpose, because that is what you are *meant* to do in this lifetime. This means that *life itself* wants you to live out your purpose and *will support you* to do so. This means that you truly will get everything you need, from financial support to meeting their right people at the right time.

Your purpose does not have to be a specific career or is not limited to a specific activity.

Your mind may create limitations to your purpose in order to make sense of it (your ego doesn't like the unknown or what it does not understand), however knowing your purpose is not actually necessary. In truth, your purpose cannot really be understood with your mind as it is much more deep than a “goal in life”. It is embedded into who you are. It is the blueprint of your soul in this lifetime.

Rather than being one singular activity or goal, your purpose is more like an experience that is constantly unfolding through your *passion, excitement, and curiosity*.

YOU'RE HERE BECAUSE YOU'RE READY.

THE PROCESS

To get the most out of this activity, I highly recommend the following:

1. Go through the questions one by one - try not to skip ahead as the questions are designed to build on each other.
2. Write down your answers. This will help you get more clarity than just thinking about the answers and will solidify your intention of connecting with your purpose.
3. Focus on your first impressions and gut reactions to the questions. These are usually your subconscious and intuition coming through. It's subtle and quiet, and therefore easy to miss, but will hold valuable truths for you. Try not to think too much about the answers, whether they are right or wrong, just free-write and then look back over what you wrote. Free-writing without thinking about it will help you avoid answering from your conditioning.
4. Record your emotional reactions or thoughts that come up, especially in the form of resistance and avoidance. This is the part of you that doesn't want to believe that ease and joy are possible for you. These emotions and thoughts don't mean that you are doing something wrong, rather *they point you to where you are believing in stories that are not serving you anymore.*

Treat this process as an act of self-care and self-love! You are on a journey of self-discovery. Get comfy, make a warm drink, approach with curiosity, and give yourself a good amount of time! Don't rush through the questions. The more care and time you give yourself here, the more you will get back from this process.

QUESTION 1

IF YOU HAD ALL THE MONEY IN THE WORLD, WHAT WOULD YOU BE DOING WITH YOUR LIFE?

Money = Freedom

One universal block that prevents people from fully living out their purpose is money. More specifically, the fear that if you just follow your passion, you will be left poor, or the fear that money only comes through struggle and strife. *The limiting belief is that you need to make money in order to feel secure, safe, and free.* The truth is that money will flow TO YOU with ease as a byproduct of you living your purpose.

The mindset shift

The purpose of the first question is to temporarily deactivate your limiting beliefs about money and the meanings you associate with money such as security, stability, safety and freedom. Money has no inherent meaning on its own, it's truly just paper. We, as a society, give money meaning. You, as an individual, decide it's value.

What would your perfect day look like?

To get clear on your purpose, you first need to get clear on what it is that brings you the most passion, joy, excitement, and curiosity. It can be the really big goals and it can be little everyday choices.

Write this all out. Be specific. What time would you wake up? What food would you eat? What would you be working on? Imagine that you have all the freedom that you think you lack right now - what would you do with it?

Note everything that comes to mind that is exciting, even if it seems mediocre or small. Something as simple as "I would open my window in the morning and breathe in the fresh air for 2 minutes" can be as significant as "work on my own business", if it brings you JOY. Your joy is the bread-crumbs that lead you to your purpose, and in turn, to your abundance.

QUESTION 2

IF YOU WERE THE ONLY PERSON IN THE WORLD, HOW WOULD YOU SPEND YOUR DAY?

People-pleasing

Another universal block that we are all faced with at some point or another is the fear of losing someone we love, fear of abandonment, and fear of being alone. We fear rejection and judgement, and subconsciously hold onto ideas of how we should or shouldn't act, what we should or shouldn't say. This distances us from our authentic self. Being your authentic self means to express your self fully with no shame, fear, or guilt, to feel whole and worthy in who you are, and to be who you are meant to be. To be your authentic self means to be living your purpose, therefore as we lose touch of our authentic self, we also lose sight of our purpose.

The second question builds on the first, therefore answer it as if you have all the money in the world AND you are the only person on Earth.

What do you love to do?

Previously you identified a few things that you feel excited and passionate to do. Now you are diving deeper into *your truth* and temporarily deactivating the need to receive validation and approval from anyone outside of yourself. If the people whose opinion you care about most are not here, then what's the point of doing all those things you still do to make them proud or to avoid disappointing them?

Again, write everything down. What comes to mind that you actually would NOT do now? What are the things that simply don't matter anymore and you'd let go of? What becomes more exciting for you to pursue? Imagine that you were the only one here, you could do anything and there would be no one to judge you - are there any new activities you would try? Places you would visit?

QUESTION 3

IF IT WAS YOUR LAST DAY ON EARTH, WHAT WOULD YOU DO?

What comes naturally to you?

Purpose is embedded into your being just as DNA is deeply integrated in your body, so it may be easy to overlook. Often, our purpose actually comes naturally to us or is a natural interest, because we are meant to master it.

For a while, I searched for my purpose and overlooked the one thing that I always loved: mindset & manifestation. It was so routine for me to research about the topic that it was like brushing my teeth, I thought everyone must be doing it. Eventually, I realised I have a unique understanding of mindset & manifestation that no other person could ever re-create, which led me to fully committing to my following my passion and purpose no matter what, and now I teach the things that I love. My reality supported me in ways that I could not have prepared or arranged on my own. This is what it means to live your dream life - to surrender fully to your purpose.

Simple pleasures

This question is meant to help you cut through the fluff and get clear on what is truly important to you and what isn't. *Remember, you still have all the money and freedom in the world and there is no one else on Earth so you don't need to say goodbye!*

What are some things that you already do (or wish you did more of) that you could never get tired of? Think simple pleasures.

Try to avoid answering this question from a fear of missing out (e.g. a desire to visit a new country because you heard it was cool or spend all your money because you didn't let yourself splurge till now).

After you write a list of the things you would do, go over it again and ask yourself - is this truly important to me? Or is this coming from some sort of external programming? Would I really spend my last hours on this?

SOLIDIFYING THE CONNECTION

Now that you got clear on what you are *truly* passionate about and what you are *ready* to let go of, I have one last questions for you: what are you waiting for?

Your time is now. You are the only one who can and will create your dream life. No one else will make the decision for you.

Don't worry, you don't need to believe right away that life can be this easy, that if you just follow your passion (aka your purpose) money will flow to you and you will be completely supported. The trust will come naturally as you make choices towards your purpose, because as you do so, you will SEE the shifts in your reality.

Notice the way your mind might be stepping in and saying things like "this is too good to be true", "this is probably all a scam or a lie", "I've struggled my whole life, how can it be any different". Notice the fear that comes up for you - the fear of trusting this process, the fear of the unknown, fear of failure. Notice the guilt of being truly happy and life flowing with ease for you.

This is the critical point of change. This is where you have a choice. Ask yourself: *what do YOU want?* Not the people who once told you what you should be. YOU. Do you want to live your purpose in freedom? Or do you want to believe the skeptic in your head? You have a choice of what you believe in every moment. You only need the willingness and intention to be open to something new, something better.

EVERYTHING IN YOUR LIFE IS A CHOICE. NOT CHANGING IS ALSO A CHOICE. ONCE YOU START MAKING CHOICES *FOR* YOURSELF, YOUR REALITY WILL REFLECT BACK TO YOU THE SAME SUPPORT.

FUTURE PLANS

Did this process resonate with you? Did you feel the shift? Are you getting excited for what life could look like for you?

Would you like to know more?

I offer one-on-one coaching programs as well as self study courses, all available on my website. If you want to know which program will fit you best, check out the quick quiz on the next page!

www.yanazemlycoaching.com/workwithme

I'd also love to hear from you!

For feedback and questions, email yana.zemly@gmail.com or dm [@yana.talks.truth](https://www.instagram.com/yana.talks.truth) and I'll get back to you asap!

WANT TO CREATE YOUR DREAM LIFE?

OBVIOUSLY!

Know exactly what you want (but not sure how to get there and/or what you've been doing so far has been unsuccessful).

EXACTLY.

Do you prefer to do the work on your own or do you have some experience to be able to guide yourself through the process?

YEP, I'M GOOD.

The **Unique Manifestation Routine** would be perfect for you.

NOT REALLY...

You feel like you've tried everything and nothing seems to work for you. You're tired of struggling, giving so much but getting nothing in return, and figuring everything out on your own. You would love to learn how to surrender and let go of control.

YEAH...

You need the **Divine Feminine Manifestation Program!**

NO. I NEED SOME GUIDANCE & ACCOUNTABILITY.

NOT QUITE.

You feel held back and weighed down. You can't seem to really get anything done, or nothing that you do seems to go right. Maybe you're self-sabotaging, or maybe you're looping in what appears to be the same cycle over and over again. You're ready to shake that old energy off.

THAT'S EXACTLY IT.

It's time to address your shadows & limiting beliefs in the **Shadow Transmutation Program.**

HM, NOT SURE...

It's all of the above... You're just not enjoying your life as much as you wish you could and you're ready for that BIG transformation.

I'M READY!

You're being called to embark on a really profound journey with **The Mastery of Transformation Program.**