



Discover Your Life Purpose

Week 5 – What Makes You Happy?

To Do List

- 1. Identify 2-3 things that you enjoyed doing when you were younger. Start doing them again if you can.**
- 2. Move forward this week with your eyes open to be fully conscious of what makes you happy now.**

Tip: think about utilising your creative side and/or engaging in past or new hobbies.

Jacqueline