

2022 International Day of Purpose Reflection Guide

Created by The OnPurpose Movement®



What if everyone in the world was living on purpose?

In 2016, this audacious question propelled our creation of the International Day of Purpose®. We want to encourage the world to celebrate the power of their purpose. Held annually on June 20th in the spirit of the Summer Solstice, this day was created to inspire people to celebrate and activate the power of purpose.

The International Day of Purpose® was founded by CEO and Founder of The OnPurpose Movement (OPM), Jovian Zayne. The OPM is a professional development firm committed to helping individuals and organizations “Live and Work OnPurpose.” It offers targeted executive coaching, customized facilitated training and development, and strategic consulting engagements.

A NOTE FROM OUR FOUNDER

I am so happy you are here!

This year's International Day of Purpose is particularly special to me because of how much my soul has longed for a reset - a day to reflect and recenter in my own evolution of purpose.

Our world has significantly changed in the last few years - we've endured a global pandemic, expanded our identities as caregivers and parents, we've changed jobs, moved around the world, buried people we love, discovered new passions, resurrected hidden talents, gotten married and divorced, survived increased violence, life-threatening illnesses and the list goes on.

I don't have to know your story to believe that you have changed. And now, as the world eagerly moves to a quickened pace, we can, if we're not careful, fall into old ways of being that don't fit with our new selves. But who are our new selves? Before we can connect with others we have to connect with ourselves.

This reality lays the backdrop to this year's #DayofPurpose theme which is the question: **"Who am I becoming?"**

Our evolved selves deserve a chance to breathe new life. At The OnPurpose Movement, we believe in supporting people in living with more intention, authenticity, and purpose. And it's with that spirit that I invite you to slowly journey through this **2022 Day of Purpose Reflection Guide**.

The OPM is honored to virtually "coach" you through this experience as your hindsight reflection will offer new insights that will fuel your journey ahead. Together, we'll kick-off on the International Day Of Purpose (June 20th) and spend **five days** reflecting on who we are becoming. It's my hope, that by the end, you'll have a blossoming understanding of who you are becoming. You will also have a chance to create an OnPurpose statement that reflects any new commitments to action you are taking.

I used to LOVE getting permission slips signed for field trips. Knowing I had the full backing of my parents to go explore? Sign-me-up. Now, I'm the one handing them out, so consider this your permission slip to slow down and reflect. Although it's designed as a five day experience, you may choose to spend two days on a section, or double it up. **Set your own pace**. I know at times it can feel indulgent or even impossible to slow down, but please know this:

You ARE worth it.

You have and always will be worth it.

And you ARE worth it right now.

I believe in your desired change and what positive shifts you so desperately want to see in your world. Own your space and own this time. You deserve it.



Yours in the journey,
Jovian Zayne

OBJECTIVE

Slow down.

It's time to reconnect with yourself.

LET'S START OUR JOURNEY

Welcome to an OnPurpose journey of reflection

For years studies have shown that journaling is a powerful tool with many benefits that can increase our overall well-being. Specifically, psychologists have noted that a practice of journaling can help us reduce stress, clarify thoughts and feelings, increase our emotional intelligence, help us to better resolve disagreements with others and more effectively problem solve.

Through this **five day experience**, we are excited to offer you coaching questions that can serve as your OnPurpose prompts. As we reflect together we'll explore three main areas:

FIT

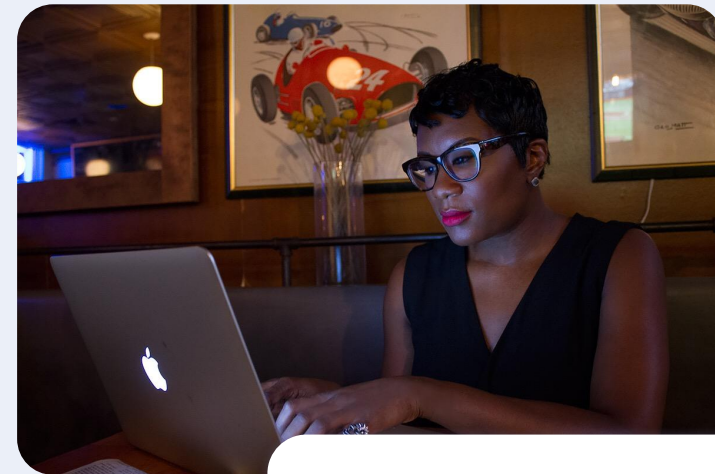
Deepen your capacity to care for your mind, body, and soul

LOVE

Better develop the relationship you have with self, with others, and with your community

WORK

Build skills that grow your confidence and capacity for impact



Remember to set your own pace and do what feels appropriately challenging for you. You may choose to do this guide with a close friend or venture through solo. Own your choice and your time.

DAY 1

Establish personal agreements

Welcome to Day 1! We begin by inviting you to set the table by identifying a few personal agreements and grounding affirmations that will gently hold you accountable in how you operate during this time. Whether you use the agreements we offer in this guide, or create some of your own (go for it!), establishing a set of agreements and affirmations will help you hold a mindset that encourages meaningful growth and long-term personal development.

***Pro tip:** Establishing group agreements for meetings, retreats, gatherings or the like is also a clutch tool. (FYI: Group agreements are different than “norms”)*

Sample Personal Agreements and Grounding Affirmations:

- I will accept and extend grace to myself
- I am worthy of self-care and time
- I choose an exploration of purpose over a myth of perfection
- I welcome new awareness that comes from my brave decision to be honest
- I will look for joy through this process
- I agree to make a commitment to act

Make your own agreements and grounding affirmations:

DAY 1 NOTES

DAY 2

Get Fit OnPurpose

As we look to come out of a season of survival, it is important to start from a place of celebration and gratitude.

By doing this we invite the power of momentum to encourage us along our way.

It's with this in mind that we offer these coaching questions to help you begin your Fit OnPurpose reflection.

Pay close attention to your self-talk and interrogate any negative stories you tell yourself (i.e. *What's stopping me from believing my body has served me?*)

FIT

Deepen your capacity to care for your mind, body, and soul

Take a few minutes to reflect on these questions

How can I celebrate my health this year? Who can I celebrate with?

How will I thank my body for how it has served me?

Who has supported my health journey? How can I thank them?

How have I affirmed myself along the way?
(What specific actions, words spoken, etc)

How have I welcomed PEACE into my mind and soul? How will/can I celebrate that choice?

How did my fitness/health help me show up in other areas of my life?

Fill in the blank: My body has allowed me to successfully:
_____.

How have I honored my body?

How have I honored and protected my mind? How can I strengthen this practice?

When have I listened to what my spirit is telling me? How can I honor that *inner knowing* more?

Where have I met my health and fitness goals? Has there been any potential for continued growth?

Who can *lovingly* and *effectively* hold me accountable to the change I want to see?

DAY 2 NOTES

DAY 3

Start to Love OnPurpose

Rumi, a 13th century poet, scholar, and theologian has been quoted saying:

“There is a candle in your heart, ready to be kindled. There is a void in your soul, ready to be filled. You feel it, don’t you?”

“Why are you knocking at every other door? Go, knock at the door of your own heart.”

Use today’s reflection questions to begin exploring how you may better develop the relationship you have with self, others, and with your community.

Remember, you don’t have to answer every question in one sitting. You may choose to answer three questions one day, and two the next. Take your time. You can always return to the guide.

LOVE

Better develop the relationship you have with self, with others, and with your community

Take time to reflect on these questions

- How have I shown myself love and care this year?
- I appreciate my _____.
(Think expansively here! Consider your qualities, physical abilities, achievements, positive emotional responses to challenges, etc)
- Write three positive self affirmations.
- What can I celebrate about the love in my life?
- What relationships have grown and improved?
- How have I shown love to the communities that I inhabit? (ex: family, church, friend circles, neighborhoods, affinity spaces, etc)
- What does a healthy, meaningful relationship look, feel and sound like to me?
- How have I edified the key relationships in my life? How have they edified me?
- What spiritual practices, if any, have I honored to show myself love and care? What should I continue? What should I consider changing?
- What relationships (or types of relationships) need more care and attention from me?
- What are my current love languages? How do I best receive love? How do I enjoy sharing it?
- What are some of your new self-care and soul-care practices? (mediation, therapy etc)

DAY 3 NOTES



DAY 4

Get to Work OnPurpose

“Everyone has been made for some particular work, and the desire for that work has been put in every heart.” - Rumi

We may not all find a grand sense of purpose in our work or vocation, but we can all develop a purposeful orientation to our work.

Take time to consider how you want work to fit into your life. What purpose does it serve? When you take a step back and get on the balcony of your life, is your work in its proper place or is it all consuming?

Now is the perfect time to explore your relationship with your work and to establish healthy boundaries and mindsets that keep you #OnPurpose.

WORK

Build skills that grow your confidence and capacity for impact

Take a few minutes to reflect on these questions

What work contributions will you celebrate?

How am I purposefully leveraging my skills, gifts and talents in my work?

What professional relationships can I celebrate?

How do I honor my values through my work?

What would more purpose-driven work look, feel and sound like to me?

What skills do I still need to develop to grow professionally?

Who do I want to positively impact through my work?

What professional relationships need more care and attention?

Carefully consider your community & fill in the blanks:

My Mentor(s)

My Sponsor(s)

My Cheerleader(s)

My Critical Friend(s)

My Sage/Wisdom Check(s)

My Mental & Emotional Support

DAY 4 NOTES

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DAY 5

Bring it all together

I am grateful for the chance to reflect on who I am becoming.

This experience has made me aware that _____.
(needs, wants, likes, dislikes, appreciations, etc)

I look forward to sharing some of my reflections with my trusted community. Specifically, I will share with _____.

I am proud of myself because _____.

In this season of my life I could use extra support _____.

In this season of my life I am becoming _____.

Example:

I am grateful for the chance to reflect on who I am becoming. This experience has made me aware that I becoming more creative. I'm also evolving in my extroversion as I'd like to spend more time in 1:1 conversations vs. large events. My love languages have changed too. I need more acts of service than I do gifts.

I will share my needs with my therapist who can help me think through how I can create more time and space in my life for friendships.

I look forward to sharing some of my reflections with Cliff and Kennedy.

I am proud of myself because I've listened to my body and changed my diet. In this season of my life I could use extra support with my art and creative process. I am becoming a more confident creator who needs space to create and new inspiration.

Create your OnPurpose statement:

DAY 5 NOTES

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Next steps

We are thrilled you took this journey of self reflection! As you're ready, please share your reflections, insights, and learnings on social media and tag us [@dayofpurpose](https://www.instagram.com/dayofpurpose) [#dayofpurpose](https://www.facebook.com/dayofpurpose), or via email at info@dayofpurpose.org.

In the coming months you may also consider going through this experience again with a trusted friend or partner. As you evolve, please continue to leverage this guide as a personal and professional development tool.

Learn more about how The OnPurpose Movement can support you [here](#).

THANK YOU

