

# Day 7 – 360 Degree views

**Course:** Climb Your Mountain

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## Clarity around your purpose

Today we reach the highest point in our virtual hike: the summit. Standing on a mountain top on a clear day it's almost like you've got a view to infinity and beyond.

As you take in the 360° view of all those mountains, you realise that this mountain summit may have been the goal in this virtual hike – you real goal still lies out there. Some of the mountains you see may even seem to symbolize milestones on your path towards your purpose.

You started this hike with the intention to learn how to create more balance in your life. Standing on top of this mountain you know you now have the tools to do just that.

But you also realise in reaching the summit you've not reached your only or ultimate goal.

Yes, the views are amazing. Yes, it is good to know how you can restore or create a better balanced life.

But standing on this summit, seeing all the mountains around you, you also know that all of this wasn't so much about reaching this summit, about reaching your goal. It was much more about what you learned about yourself along the way.

Taking in the view you recognize you have the strength and perseverance it takes to reach and pass by other summits, other goals as you continue to move towards your life's purpose.

Now it's time to look back over everything you've been working on and see how the separate parts fit together.

What trajectory do you see your life has taken so far and where is it pointing to?

Let's take what you've learned about yourself over the previous weeks and write a brief summary of it all.

Seeing it all in one place is powerful and clarifying.

*After looking over **your stressors, roles and beliefs**, what do you feel are **your roles and beliefs** in this life?*

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*After considering what you have instilled in **your sacred ruin**, what stands out as the most meaningful take-away and why?*

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*After reviewing your **role models and dream jobs**, what stands out as being **your** most important values?*

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*How do your **roles and beliefs** fit your core values?*

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*What is your definition of **happiness and success**?*

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*Reviewing all of the above, what are the 3-5 **main** points that stand out above the rest and best summarize what your life is about?*

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*When you put the puzzle together – in one sentence – what does your Purpose / your Why look like?*

**My purpose is to:**

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