



Mindful Living & Coaching

Week 2: Svadhyaya – Self Study





Grounding

Three part breath

Five senses meditation

Chair yoga





Activity





Purpose

Your actions align
with your values

Dharma



Dharma is the duty—or purpose—each of us is naturally meant to contribute to the world around us. It's a path of self-awareness that leads to who we truly are.



Part 1: Archetype



Brainstorm a list of people you admire or who inspire you. Don't judge; don't overthink

- Fiction or Nonfiction
- Alive or Dead
- Deities, Superheroes, Icons
- People you have been inspiration in your personal life





Today's Journal Prompt

For decades, my purpose may have been defined by what I provided for others—my family, my career, or my community. If my purpose in this next chapter is defined solely by what brings me a sense of vitality and fulfillment, what might that look like?

Or/And

As I study the person I am today, right now, in this exact moment—what am I most excited to discover about myself as I design my next chapter?

