

# UNDERSTANDING YOUR 'WHY'

BECOME A COACH - PART 2



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SOUL AWAKENING ACADEMY

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# REVISIT YOUR LIFE'S KEY MOMENTS...

Begin by reflecting on the pivotal moments in your life. These are the experiences that have left an indelible mark on your soul, shaping your perspectives and beliefs.

Consider both the peaks and valleys — the triumphs and challenges.

What wisdom did each experience impart?

How have these moments moulded your character and worldview?

The roots of your 'why' are often entangled within these significant life events. They hold the keys to understanding your deepest motivations and aspirations.



# REVISIT YOUR LIFE'S KEY MOMENTS...



# UNDERSTAND YOUR VALUES:

Your values are the guiding stars of your life; they direct how you interact with the world and what you strive to contribute to it.

Take time to identify the values that resonate most deeply with you.

Is it compassion, guiding others through their struggles?

Is it growth, constantly seeking deeper understanding and enlightenment?

Or perhaps it's connection, creating meaningful relationships and community? Your core values are the heart of your 'why' and will illuminate the path of your coaching journey.



# UNDERSTAND YOUR VALUES:

A large, empty white rectangular area intended for writing or drawing, framed by a thin grey border.

A close-up photograph of a woven basket filled with various crystals, including purple amethysts and pink rose quartzes, alongside dried lavender flowers. The basket is made of natural fibers and sits on a textured surface.

# CONSIDER THE IMPACT YOU WANT TO MAKE:

Now, turn your thoughts to the legacy you wish to create through your work as a spiritual life coach.

Envision the transformation you yearn to facilitate in others' lives and the broader changes you hope to inspire in the world.

This vision of impact extends beyond personal ambitions; it's about the ripples of change your coaching can generate.

What does this legacy look like, and how does it align with your values and life experiences?

Your 'why' is deeply woven into this tapestry of intended impact.



CONSIDER THE IMPACT  
YOU WANT TO MAKE:

# WRITE A PERSONAL MISSION STATEMENT:



Armed with insights from your reflections, craft a personal mission statement that encapsulates your 'why'.

This should be a clear, concise declaration that combines your passions, strengths, values, and the impact you aim to achieve.

Your mission statement is not just a description; it's a declaration of intent and purpose.

It serves as a constant reminder of why you embarked on this path and what you aspire to accomplish as a spiritual life coach.





# WRITE A PERSONAL MISSION STATEMENT:

A large, empty white rectangular box intended for writing a personal mission statement.



# UNDERSTANDING YOUR DEEPER WHY... CHAKRAS

By integrating the chakras into your journey, we delve even deeper into understanding your true 'why' as you train to become a spiritual life coach.

This exploration is enhanced by the rich wisdom of the chakra system, serving as an ancient guide through the various layers of your being.

Through this profound journey, you'll uncover the core motivations and values that reside within, from your most grounded, material aspects to your highest spiritual aspirations.



UNDERSTANDING YOUR DEEPER WHY...  
CHAKRAS



# ROOT CHAKRA: DISCOVERING YOUR FOUNDATION

Begin your journey of understanding your 'why' with the Root Chakra, which represents your sense of security and belonging.

Reflect on what grounds you: What makes you feel safe and supported?

Delve into your childhood and early life experiences.

How have these shaped your need for stability and your desire to create it for others?

Recognising your foundational needs and experiences helps anchor your purpose and defines the base of your 'why'.



# ROOT CHAKRA:

## DISCOVERING YOUR FOUNDATION



# SACRAL CHAKRA: UNLEASHING YOUR PASSION

The Sacral Chakra is the seat of your creativity and passion. It asks you to consider what truly brings you joy and fulfilment.

Reflect on moments when you felt most alive and passionate.

How do these moments inform your desire to become a spiritual life coach?

Understanding your passions helps illuminate the emotional drive behind your 'why', energizing your journey and defining your approach to coaching.



# SACRAL CHAKRA:

## UNLEASHING YOUR PASSION

# SOLAR PLEXUS CHAKRA: EMBRACING YOUR POWER

Your Solar Plexus Chakra centres around personal power, self-esteem, and confidence.

Contemplate the challenges you've overcome and the strengths you've developed.

How have these shaped your belief in yourself and your ability to guide others?

Recognising your inner strength and resilience helps clarify your 'why', empowering you to lead with confidence and authenticity.



# SOLAR PLEXUS CHAKRA: EMBRACING YOUR POWER

# HEART CHAKRA:

## CULTIVATING COMPASSION AND CONNECTION

The Heart Chakra focuses on love, compassion, and connection.

Reflect on the relationships and connections that have been most meaningful to you.

How have love and empathy been pivotal in your life?

This chakra encourages you to consider how your capacity for compassion drives your desire to help others.

Understanding the love at the heart of your 'why' allows you to coach from a place of genuine empathy and connection.



# HEART CHAKRA:

CULTIVATING COMPASSION  
AND CONNECTION



# THROAT CHAKRA: FINDING YOUR VOICE

The Throat Chakra represents communication and self-expression.

Consider how you communicate best and what messages you feel compelled to share.

How does your unique voice contribute to your coaching style?

Understanding how you express your truth helps refine your 'why', ensuring that your coaching embodies your authentic message and style.



# THROAT CHAKRA: FINDING YOUR VOICE



# THIRD EYE CHAKRA: ENVISIONING YOUR IMPACT

The Third Eye Chakra relates to vision and intuition. Envision the impact you wish to have as a spiritual life coach.

What insights have you gained through introspection and intuition?

This chakra guides you to visualise the broader implications of your 'why', connecting your personal mission with the wider impact you wish to have on others.



# THIRD EYE CHAKRA: ENVISIONING YOUR IMPACT

# CROWN CHAKRA: CONNECTING TO YOUR HIGHER PURPOSE

Finally, the Crown Chakra invites you to consider your connection to the universe and your higher self. Reflect on how your spiritual journey informs your coaching.

How does your sense of a higher purpose guide your aspirations and motivations?

Understanding the spiritual dimension of your 'why' elevates your purpose, aligning your personal mission with a greater cosmic plan.



# CROWN CHAKRA:

## CONNECTING TO YOUR HIGHER PURPOSE



# THE ESSENCE OF ALIGNMENT

Consider the core of your life story—its highs, lows, and turning points—and how it aligns with your life's mission.

Your story is crafted from your experiences, what you hold dear, and what drives you.

This tale is more than personal; it acts as a bridge, allowing others to see parts of their own lives mirrored in yours.

Rich in triumphs and trials, your narrative fosters deep connections, resonating with others in profound ways.



# THE ESSENCE OF ALIGNMENT

# CORE VALUES



What core values have emerged from your life experiences, and how can they anchor and direct your business's mission?

Reflect on the defining moments of your life and how they've shaped the values you hold dear.

These values are the foundation upon which you can build a business that not only meets a market need but also resonates with your personal mission.

Consider how these values manifest in your life and, more importantly, how they can shape the mission of your business.

Your narrative has the power to infuse your business with profound meaning, making it a magnet for those who share your values.

# CORE VALUES





# PERSONAL INSPIRATION

Which aspects of your journey inspire you to create change?

How can these elements influence your business's approach to service and its global footprint?

Your unique journey, marked by highs and lows, has moulded your desire to serve others.

Perhaps a personal struggle ignited your passion for helping others navigate similar challenges. Or maybe an encounter with a mentor revealed the impact you could make.

Your story not only fuels your desire to serve but also connects you deeply with those you aim to help, turning your business into a vehicle for meaningful change.

A close-up profile of a woman's face and neck, looking upwards. She is wearing a large, ornate silver earring, a necklace, and a ring. Her hands are clasped near her chest, and she has light blue nail polish. The background is a soft, muted green.

# PERSONAL INSPIRATION



# PURPOSEFUL ALIGNMENT

Where does your personal story intersect with larger community or global needs?

How can your business genuinely meet these challenges, grounded in your unique perspective and mission?

Your personal story is a puzzle piece that fits into the larger narrative of the world.

Within your experiences lie clues to the broader needs and issues that align with your purpose.

Reflect on how your personal mission intersects with these needs and envision your business as a bridge connecting your story with solutions to these issues, thereby channelling your purpose into tangible outcomes.





# PURPOSEFUL ALIGNMENT

# TIME TO SHARE...

I'd love you to join our Facebook Group and share your insights, breakthroughs and 'Ah-Ha' moments - this document contains **clickable links**, or you can scan the QR code below.



JOIN THE GROUP



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