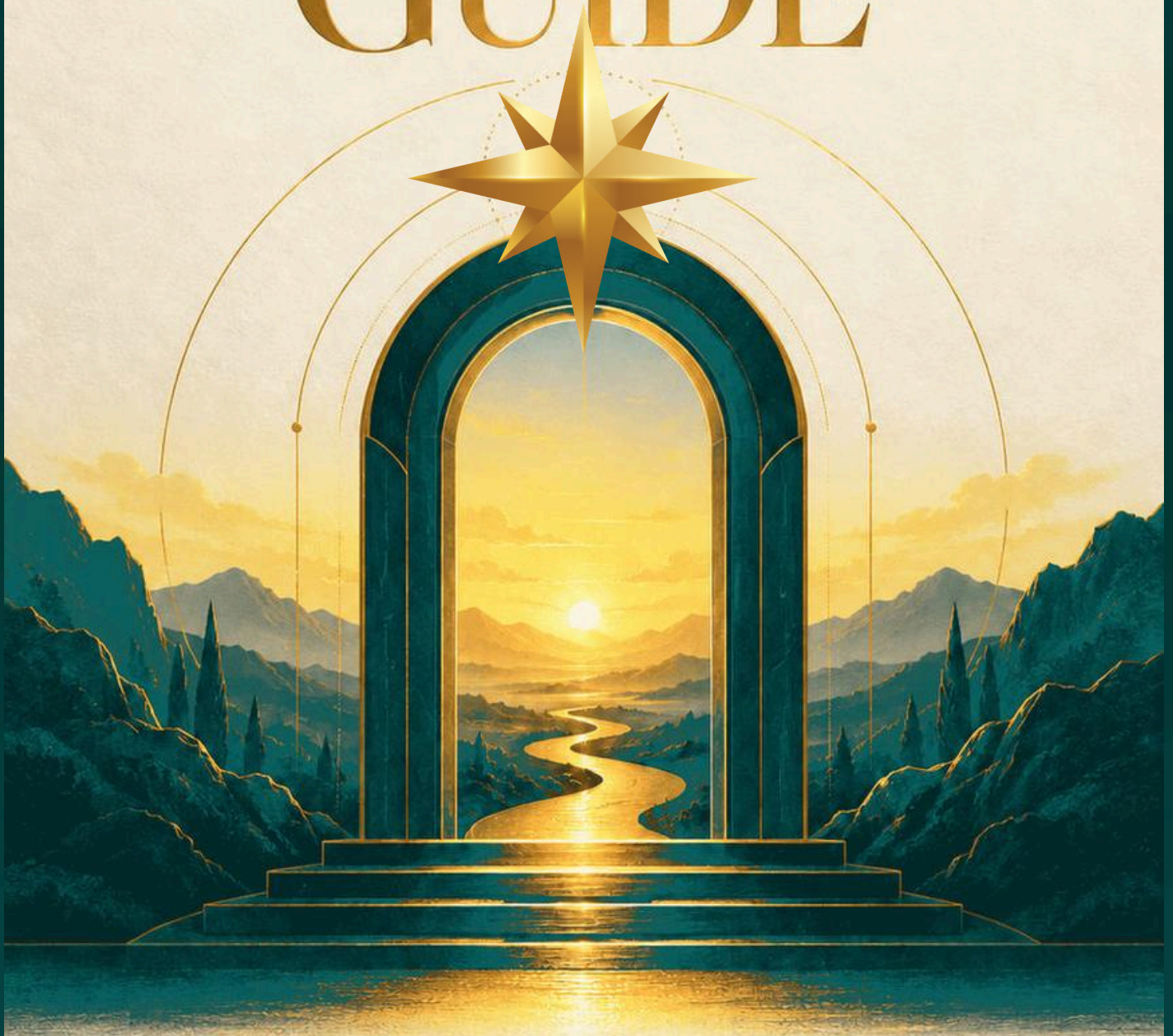


PHARUS LUCIS MANAGEMENT

PURPOSE DISCOVERY GUIDE



PURPOSE DISCOVERY SERIES

WELCOME

Welcome to your Purpose Discovery Guide.

I'm so honored you're here.

This guide was created for those who feel the call for *more*, more fulfillment, more clarity, more alignment. Whether you're at the beginning of your journey or in the midst of a transition, this guide is designed to guide you inward, where your purpose has been waiting all along.

By the end of this guide, you'll have greater clarity, a renewed sense of self, and a roadmap to begin walking in purpose with confidence.

Let's rediscover who you really are.

With gratitude,



Phariel Lucis

VISIONARY | PURPOSE GUIDE |
EMPOWERMENT & STRATEGY COACH



PHARUS LUCIS
MANAGEMENT
ILLUMINATING PATHWAYS TO PROSPERITY



@pharuslucisco



PHARUS LUCIS MANAGEMENT LLC

YOUR BEACON OF LIGHT TO ACHIEVE GREATNESS

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VISION & MISSION



Our Vision:

To help every soul live in alignment with their divine purpose through intentional self discovery.

Our Mission:

To guide you with tools, clarity, and support to uncover what lights you up - so you can move with confidence and peace, and purpose.

The meaning of life is to find your gift. The purpose of life is to give it away.”
- Pablo Picasso



OVERVIEW

What you can expect from this guide:

**You already hold the answers within, you just need a framework to access them.
Each section builds on the last to help you step confidently into your purpose.**

A photograph of seven light-colored wooden blocks arranged in a row on a white surface. Each block has a black letter on it, spelling out the word "CLARITY". The background is a soft-focus outdoor scene with greenery and a blue sky.

Inside, you'll be guided through a gentle yet powerful process of remembering who you are, what you love, and why you're here.

You'll explore your inner world, unlock hidden passions, and reconnect with the voice of your soul, the one that's been quietly whispering all along.

Whether you're seeking clarity, direction, or a deeper sense of alignment, this guide will hold space for your transformation.

Expect a mix of reflection, revelation, and inspired action.

You'll walk away with more than insight, you'll leave with a renewed sense of self, a clearer path forward, and the confidence to pursue what lights you up.

You don't have to have it all figured out.

Just be open.

Be honest.

Be present.

This is your journey ... and it begins now.



OBJECTIVES

01

Awaken a deeper connection

to your authentic self and the inner voice guiding you toward purpose.

02

Identify your unique passions

and natural gifts that have always been within you, waiting to be remembered.

03

Cultivate clarity and self-awareness

through intentional reflection, soulful prompts, and aligned action.

04

Break through internal blocks

that have kept you stuck in cycles of doubt, confusion, or stagnation.

05

Create space for purpose to unfold

not through force, but through alignment, presence, and belief.

06

Meet the version of you

who walks confidently in his or her calling, even if the path ahead is still forming.



YOUR GUIDED PATH

3 Milestones

01

Clarity

Create space for stillness. We begin by tuning out the noise and turning inward, uncovering the stories, beliefs, and patterns that shaped your path. Awareness is the key that unlocks your truth.

02

Purpose

With clarity comes direction. You'll explore your natural passions, values, and unique strengths, connecting the dots between who you are and what lights you up. This is where purpose begins to rise.

03

Alignment

It's time to begin integrating what you've discovered and taking aligned steps. You'll practice showing up as the version of yourself who trusts, believes, and moves with intention, building alignment through choices, reflection, and action, even when questions remain.

Before we dive in, let's take a moment to ground ourselves in the journey ahead. *The Purpose Discovery Guide* invites you to explore three connected areas: *clarity, purpose, and alignment.*

These are milestones within the Discover » Align » Activate framework, rather than a separate method. You may uncover something new, pause to understand it, or revisit an earlier question before moving forward.

This guide helps you connect what you discover about yourself with meaningful direction, and begin making choices that reflect it.

Your path may include pauses, crossroads, and return visits. Each can offer something new to discover, align with, or put into practice



STEPS TO SUCCESS

01

Show Up With An Open Heart

Be willing to explore without judgement. Release expectations and invite in curiosity - your heart already holds the answers you're seeking

02

Set Sacred Space & Time

Create an environment that supports you: light a candle, grab a journal, turn off distractions. Give yourself the gift of undivided attention.

03

Reflect Deeply & Honestly

Let your answers be raw and real. There's no need to filter your truth. Growth begins when honesty meets self-compassion.

04

Take Inspired Action

Don't just consume - apply what you uncover. Even small steps forward signal to the universe that you're ready to align with your purpose.

05

Revisit & Reaffirm

This is a journey, not a race. Revisit your insights often. Reaffirm your vision and let your passion evolve as you evolve.



“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”

-Anais Nin

Coming home to yourself

You are not starting from scratch, you are returning to your truth. Before the world told you who to be, what to chase, or how to shrink yourself, you knew. You knew what felt like joy. You knew how to dream, how to feel, how to imagine.

This section is about reconnecting with that inner knowing.

Remembering who you are means letting go of the stories that never belonged to you. It means questioning what you've been taught about worth, success, and identity. Here, you are invited to reflect deeply and honestly, not to fix yourself, but to *witness* yourself. To acknowledge the beauty, the resilience, the wisdom you've carried all along.

As you move through this space, give yourself grace. You are peeling back layers, not adding pressure. You are discovering the light within you, not creating it.

Let this be a sacred remembering.

The first step toward becoming everything you already are.



Own Your Narrative



Your story is a sacred manuscript, and you are both the author and the alchemist. Let what you've remembered here become the foundation you rise from, not the weight you carry.

You are more than your past, you are the promise your past was pointing toward.

"You either walk inside your story and own it, or you stand outside your story and hustle for your worthiness"

-Brené Brown

Mini Practice

Use the Dear Younger Self page that follows.

Write a letter to your younger self *(from your current self)*, honoring what they survived, learned, or carried for you.

Light a candle while writing, as a symbolic act of bringing your story into

the light.



[illegible]

Release To Rise

Sometimes what holds us back isn't a lack of passion ~ it's the weight of what no longer belongs.

Releasing what dims your light is not about loss; it's about liberation.

It's an invitation to return to your natural brilliance by creating space for what aligns with your inner spirit. As you let go, you rise.

"You will find that it is necessary to let go; simply for the reason that they are heavy."

-C. Joybell C.

Mini Practice

Take inventory of what drains you.

On the next page using the Venn Diagram:

Without overthinking, jot down anything that comes to mind - habits, people, environments, or inner thoughts. This is not about shame. It's about awareness.

Circle one thing from your "Drains My Light" circle you feel ready to release.

Write a release statement, such as:

"I release the need to overextend myself to be worthy."

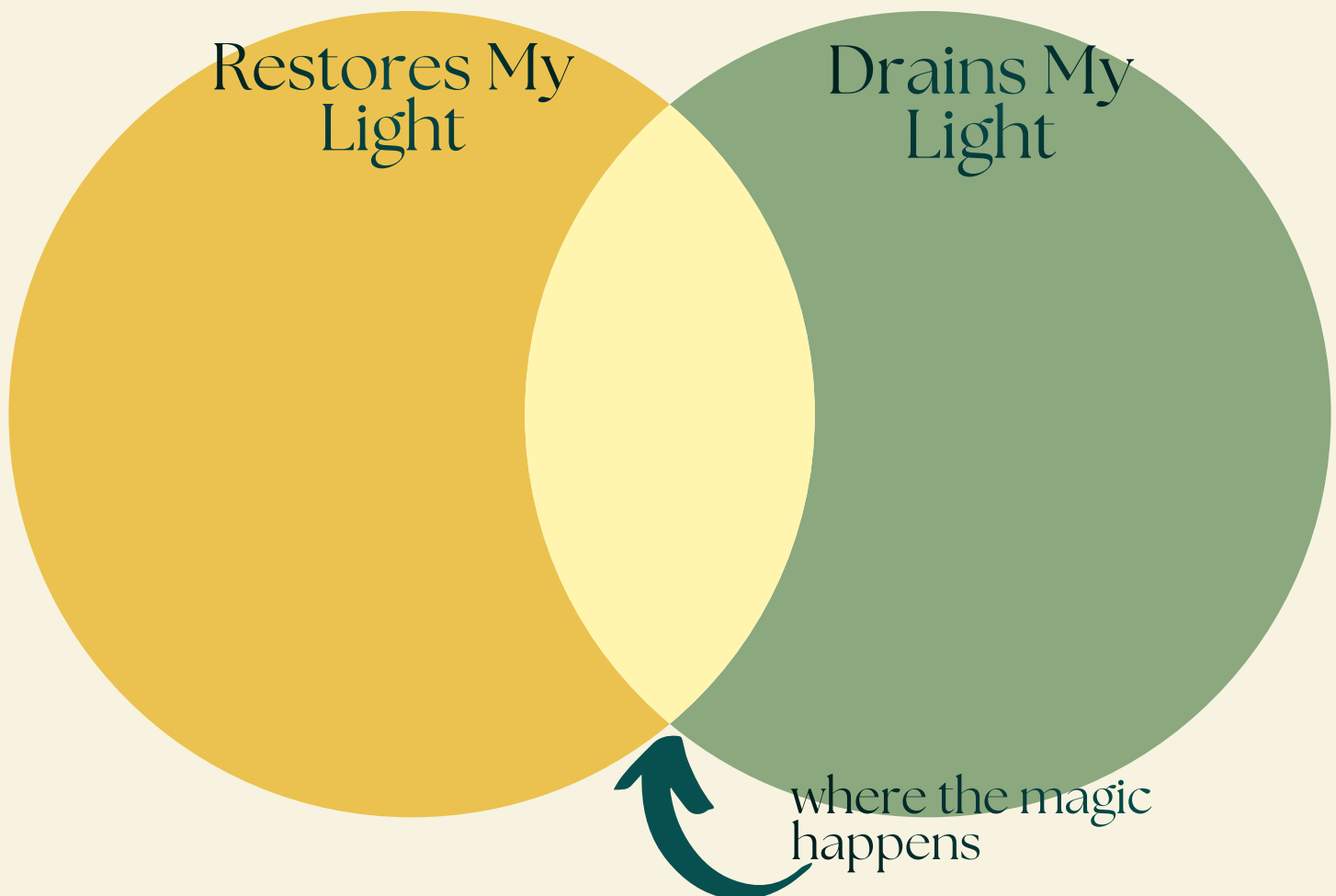
Light a candle as a symbol of your willingness to make room for light.



Release to Rise

In this exercise, you'll reflect on *what fuels your light and what dims it*. Often, growth begins in the space where awareness meets choice.

On the **left circle**, list what energizes you - habits, people, places, activities, and beliefs that make you feel alive, peaceful, and grounded. On the **right circle**, list what drains you - obligations, environments, thoughts, or patterns that leave you feeling small, heavy, or stuck. In the **center overlap**, explore the tension: What are the things you can shift, transform, or release entirely? This is where the magic of clarity begins.



Try it for yourself...

Let this be an honest and loving check-in. Don't judge what comes up, just notice. When you name what dims your light, you reclaim the power to protect what keeps it glowing.



Notice Your Patterns

What keeps showing up?

Patterns are messages. The moments you lose track of time, the things people thank you for, the situations that drain you, they are all pointing somewhere.

What do I lose track of time doing?

What do people come to me for?

What keeps repeating that I'm ready to release?

The pattern that points toward my purpose:



Your Inner Compass

Name what guides you

Your values are the true north of your purpose. When a choice feels heavy, it often pulls against something you hold sacred. Circle the five that feel most like you.

Freedom

Faith

Family

Creativity

Integrity

Growth

Peace

Service

Courage

Love

Wisdom

Joy

Legacy

Authenticity

Abundance

Connection

My top three values are:

A choice I'm facing that these values can guide:



“Don't ask what the world needs. Ask
what makes you come alive, and go
do it. Because what the world needs is
people who have come alive.”

-Howard Thurman



Strengths & Gifts

What you carry naturally...

Your gifts are the things that feel easy to you and valuable to others.
You don't have to earn them, only recognize them and use them on purpose.

Three things I'm naturally good at:

Three ways I've helped other people:

A gift I've been hiding or downplaying:



Who You're Here to Serve

Purpose always points beyond you. The people you feel drawn to help, the problems that break your heart, the change you can't stop thinking about, these are the clearest signs of what you're here to do. Your passions tell you what lights you up. Your people tell you where to shine it.

“Everybody can be great...
because anybody can serve.”

-Martin Luther King Jr.

Mini Practice

Use the Impact Map on the next page.

In the center, write the change you want to make.

Around it, list the people you feel called to help, the problems you notice first, and the moments you felt most useful.

Circle the one that makes your heart beat faster.



Impact Map



Your Why

Your why is the reason underneath everything you've uncovered – your story, your values, your gifts and the people you serve. It doesn't need to be grand. It needs to be true. When you know your why, decisions get simpler and setbacks lose their power.



“He who has a why to live for
can bear almost any how.”

-Friedrich Nietzsche

Mini Practice

FIND
YOUR
WHY

On the next page, list the moments
you felt most on purpose.

Beside each, finish:
“I did this because...”

Circle the reason that keeps
repeating.

Shape it into:
“I'm here to __ for __ so that __.”





Presence With Purpose

Creating A Daily Rhythm Of Alignment

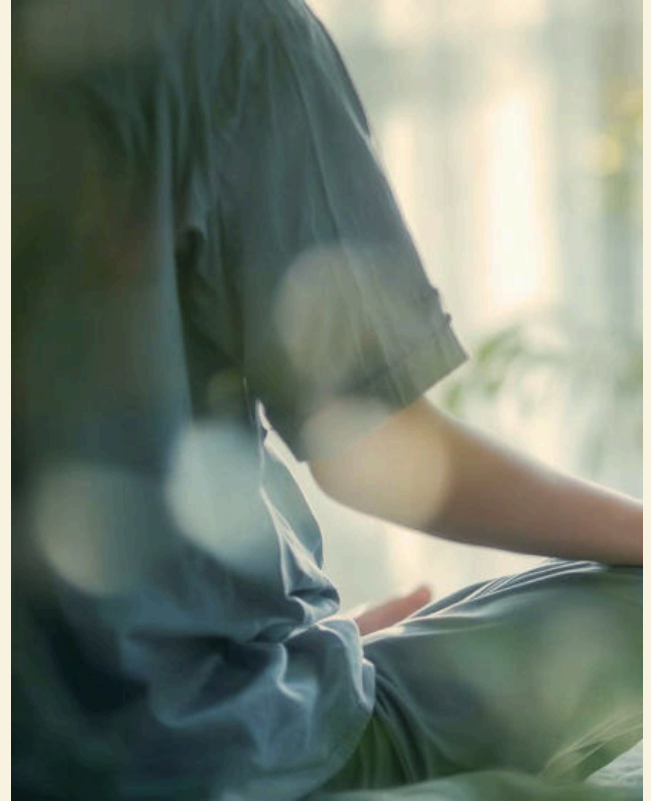
Mindfulness is presence with purpose.

It's choosing to slow down, tune in, and align your actions with your intentions. Rather than reacting to life on autopilot, mindfulness invites you to move with clarity and awareness, fully awake to what's happening within and around you.

Alignment isn't created only through major decisions. It is built through the small choices you make repeatedly; how you begin your day, where you place your attention, what you prioritize, and whether your actions reflect the person you are becoming.

Start your day with intention.
A moment of silence.
A breath of gratitude.
A clear thought about who you are becoming.

Small shifts create meaningful change when practiced consistently.
Your vision becomes reality through the way you live it, one ordinary day at a time.



“The key to creating a better future is to begin aligning your actions with your vision today.”
-Unknown



SIMPLY BE ...

A gentle guide to falling in love with being you

You weren't created to perform, prove, or perfect. You were created to *be*. To simply exist in the fullness of who you are, flaws, brilliance, dreams, doubts, all of it, and still know that you are enough. This guide isn't about becoming someone else. It's about peeling back the layers, releasing the noise, and remembering who you've always been.

Falling in love with being you is a return. A homecoming. It's choosing to see yourself through eyes of compassion instead of criticism. It's no longer seeking permission to live boldly or love deeply. Through reflection, soul work, and intentional action, this space will guide you back to your truth, where peace resides, and your purpose flows naturally. The more you allow yourself to simply be, the more you'll realize: you were never lost.
Just waiting to be seen.



Clear Vision Aligned Action

Explore what it means to desire from a soul-led space
~ **not from pressure, comparison, or fear.** You'll get
honest with yourself about what you truly want and
begin releasing the stories that told you it wasn't
possible.

By listening to your inner voice and mapping your
desires, you'll begin to carve a vision that's rooted in
truth, alignment, and deep self-worth.

“Your vision will become clear only when you
look into your heart. Who looks outside,
dreams. Who looks inside, awakens.”
-Carl Jung

Mini Practice

Find a quiet space, close your eyes,
and take deep breaths.

Visualize a version of your life where everything
feels aligned – your work, relationships, daily
rhythm, and personal fulfillment.

Imagine the details vividly: what you're doing,
how you're feeling, who's around you, what your
space looks like. Let it feel real in your body.

Now, write down:

- *What you see...*
- *What you're doing...*
- *What values are being honored...*
- *How you feel living this way...*



See it, Feel it, Believe it

Visualization is more than wishful thinking ~ it's a sacred practice of co-creation. When you clearly see the life you desire, your subconscious begins to align with it. Each image you hold in your mind and heart creates an energetic imprint that attracts your vision into reality. Don't rush the picture. Breathe life into it. Visit it often. Let it anchor your decisions, habits, and boundaries moving forward. This practice becomes your blueprint. Keep refining it with love, clarity, and courage.

“The future belongs to those who believe in the beauty of their dreams.”

-Eleanor Roosevelt

Mini Practice

VISION BOARD



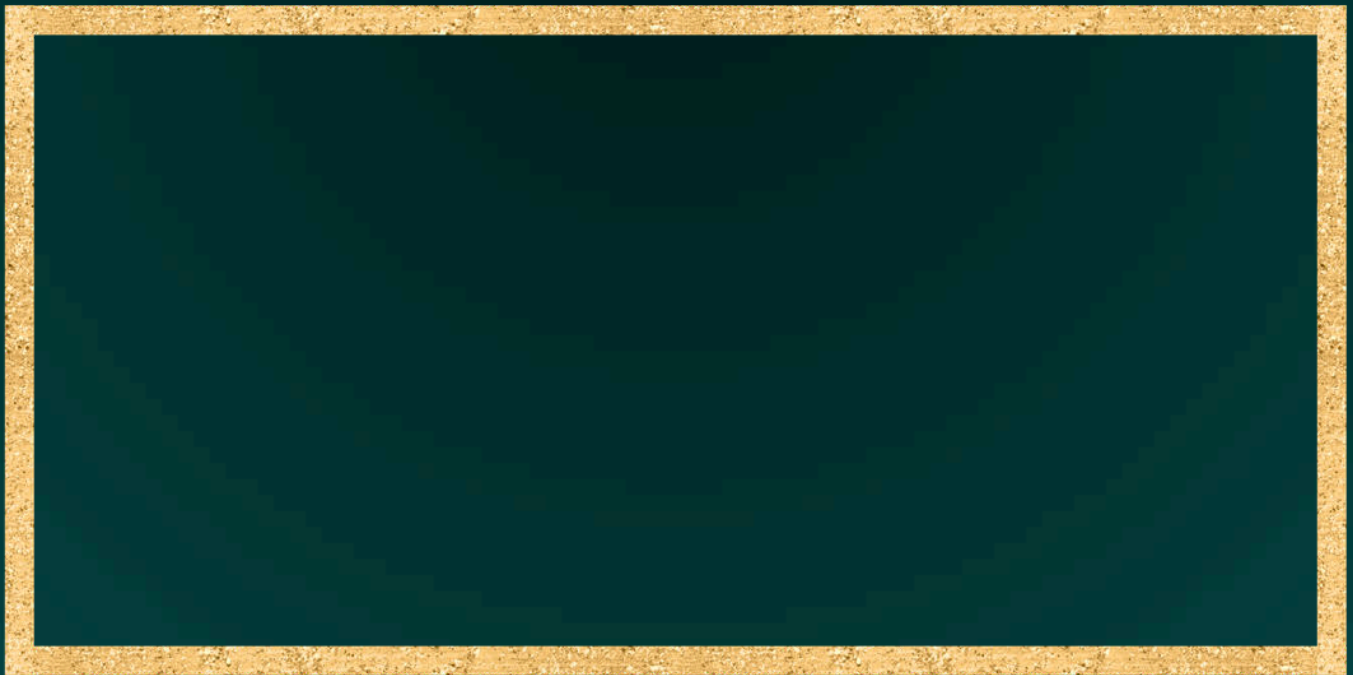
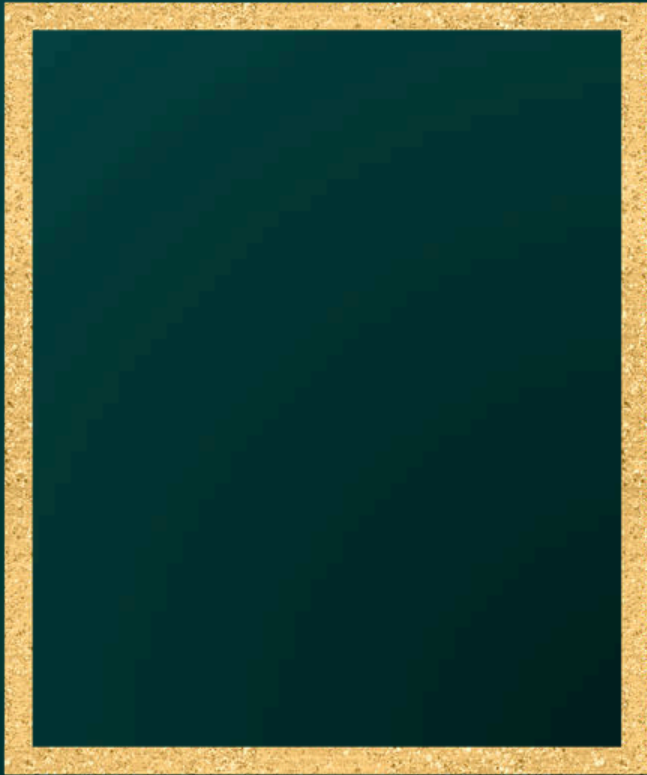
Take a quiet moment today to close your eyes and picture your ideal day from start to finish. Imagine where you are, how you feel, what you're doing, and who's around you.

Write it down as vividly as possible - include the smells, sounds, and sensations.

Then, create a simple vision board (digital or physical) with images, words, and symbols that match your vision. Revisit it daily to ground your intentions in your energetic field.



PURPOSE VISION BOARD



@pharuslucisco

My Aligned Day

Picture an ordinary day in your aligned life and write it as if it is already happening – where you wake, how you feel, the work you do, who is beside you, and how you close the day.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Your Direction

One clear next step

You don't need the whole map to take the next step.

Let what you've uncovered point you forward, one sentence at a time.

My passion, in one sentence:

My values, in one sentence:

My gifts, in one sentence:

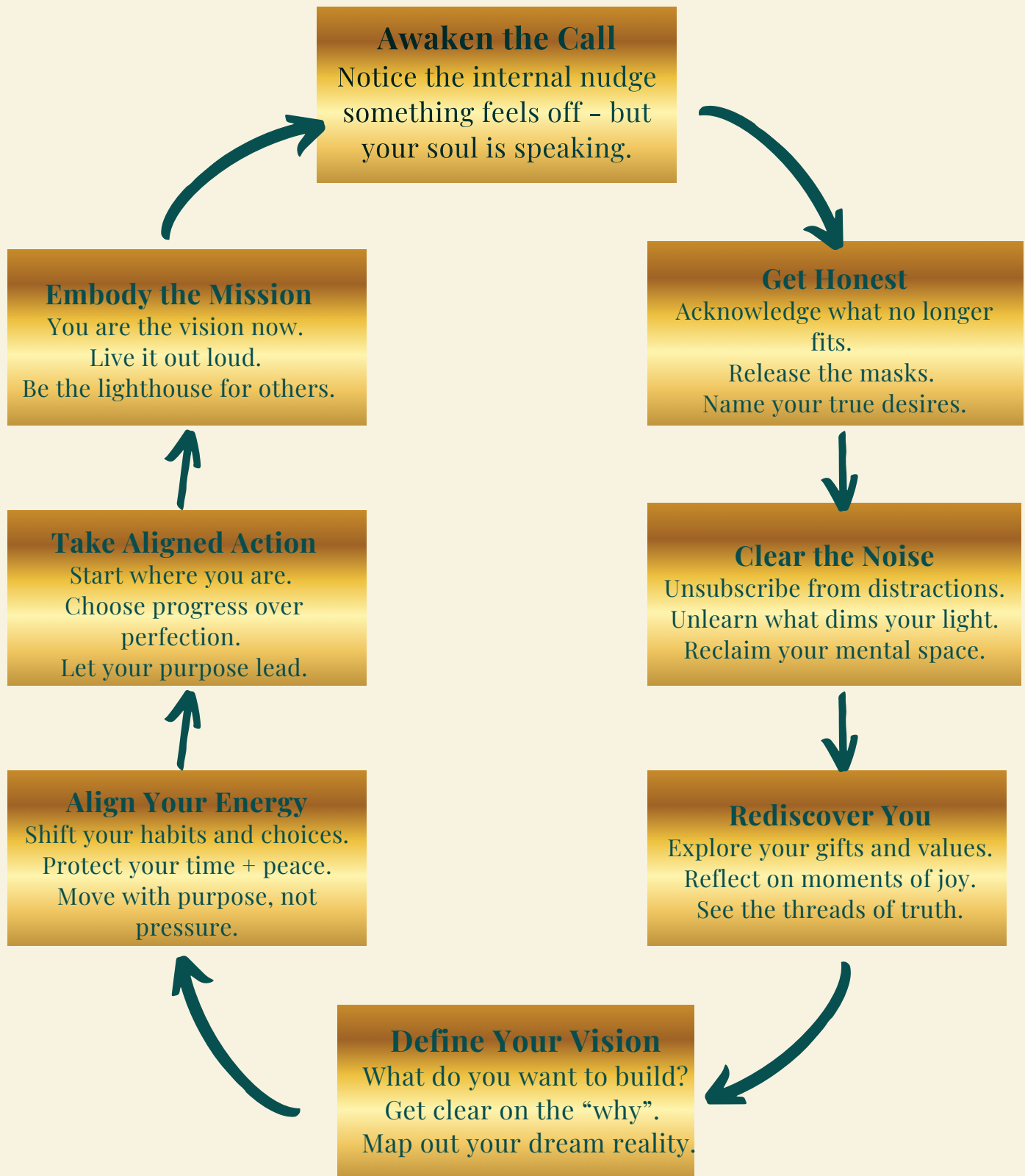
Where they meet - my direction right now:

My next aligned step, this week:



From Confusion To Clarity

The 8-phase Flow Of Purpose Discovery



The Purpose Discovery Journey

Awakening the Inner Voice

You begin to feel a pull – a knowing that there's *more* to life than what you're currently doing. The seed of curiosity is planted.

01

Shedding the Old Layers

You start releasing the roles, beliefs, and expectations that no longer serve you. Clarity begins with conscious unlearning.

02

Rediscovering Your Truth

You reflect on what lights you up. Your values, interests, gifts, and desires rise to surface, guiding you back to yourself.

03

Crafting Your Aligned Vision

You begin to shape your life around what matters most. A bold, soul-aligned vision forms one you're excited to live into.

04

Embodying Your Mission

You take action with confidence, rooted in purpose. Your purpose becomes a way of being, not just something you do.

05



Your Personal

PURPOSE DISCOVERY CHEAT SHEET



Identify Your Core Values

Knowing what truly matters to you helps you align decisions with your inner compass

Follow Your Energy

Track what energizes or drains you. Passion often lives where energy flows freely.

Reflect on Childhood Joys

What did you love to do before the world told you who to be? Your younger self holds keys.

Uncover Hidden Strengths

What comes easily to you but feels hard for others? Your gifts are often overlooked by you.

Connect with Your Future Self

Visualize the most radiant, fulfilled version of you. What are they doing and why?

Explore Soul Nudges

Pay attention to dreams, synchronicities, and inner whispers. They're divine breadcrumbs.

Notice What Triggers You

Jealousy and frustration often reveal unclaimed desires or buried passions.

Clarify What You're Done With

Sometimes it's easier to name what no longer fits before we name what's next.



Trust the Process

Purpose isn't always loud. It often starts as a quiet knowing.

Discovering your purpose is less about finding something outside you and more about remembering what already lives within you. When you quiet the noise and trust your truth, your path begins to unfold naturally.

Your purpose is your soul's language in motion. This cheat sheet helps you reconnect to your essence so you can confidently walk in your purpose, vision, and light.



FIVE WAYS

TO BE PRESENT

BREATHE DEEPLY

Take a pause. Inhale slowly. Exhale fully. Let your breath anchor you to the moment.



FEEL GROUNDED

Place your feet on the earth. Notice the textures, sensations, and support beneath you.



OBSERVE MINDFULLY

Look around without judgment. Take in the colors, sounds, and subtle movements around you.



LISTEN FULLY

When someone speaks, give your undivided attention. Hear their words and the emotion behind them.

SAVOR SLOWLY

Eat or drink something with full attention. Notice flavors, temperatures, and how your body responds.



1

Dance like
no one's
watching.



3

Revisit your
childhood
passions.



2

Create
space to
just be.



Speak your
truth out
loud.



4

5

Write
without
judgment
or rules.



10 WAYS TO REIGNITE YOUR SPARK

7

Say yes to
new
adventures.



6

Honor your
daily energy
flow.



9

Connect with soul-
aligned people.



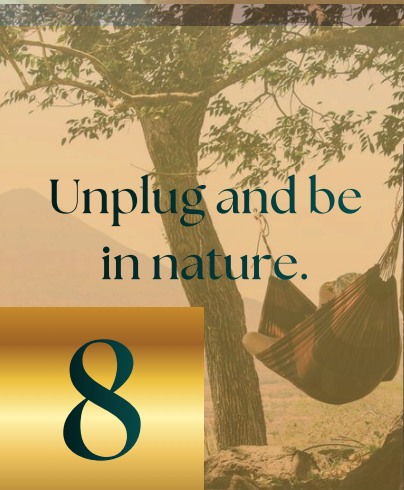
10

Trust where
your joy
leads.



8

Unplug and be
in nature.



Your Purpose Discovery Readiness Checklist



Use this checklist to track
your journey and celebrate
how far you've come.
Every box checked is a bold
step toward living with
purpose.

☐

Reflected on key life moments.

☐

Rekindled joy in small daily ways.

☐

Identified core values and truths.

☐

Visualized my ideal aligned life.

☐

Reconnected with my inner voice.

☐

Set energetic and personal boundaries.

☐

Clarified what truly lights me up.

☐

Took inspired, aligned action.

☐

Released what dims my spark.

☐

Committed to staying the course.





Q and A

Phariel answers your questions...

Since stepping into her own purpose, Phariel has inspired many people to reconnect with who they are and realign with what matters most. Here, she shares her wisdom to guide you on your journey.

Phariel, visionary behind The Purpose Discovery Series, blends soul alignment, healing, and purpose-driven strategy to help others remember who they are.

Q What if I'm passionate about too many things?

Being multi-passionate is a gift. Start with the spark that feels most aligned right now. You don't have to choose forever – just for this season.

Q I'm scared to take the leap. What if I fail?

Fear is natural when you're stepping into the unknown. But your purpose isn't random. Start small. Build trust. The path will rise to meet you.

Q How do I know if something is truly my passion?

True passion feels like coming home to yourself. It excites, energizes, and aligns with your core truth – even when it challenges you.

Q Can I actually turn this into a lifestyle or business?

Absolutely. When your passion is rooted in authenticity and aligned with your values, it becomes a magnet for abundance and impact.

Q What if I still don't feel ready?

Readiness is often a myth. Clarity comes from action. Start where you are and trust the process.



”

**“YOU’RE NOT BEHIND, YOU’RE RIGHT ON TIME FOR THE LIFE YOU WERE BORN TO LEAD.”
-PHARIEL**



Power Reminders

These truths are here to anchor you whenever you need to reconnect, realign, or remember your worth.

01

You Are the Light

No one else can shine the way you do. You are a lighthouse, not a chameleon.

02

Passion is a Compass

What lights you up will lead you home. Follow the sparks. They always know.

03

Start Where You Are

Clarity comes through movement. Begin messy, unsure, afraid – just begin.

04

Aligned Over Approval

You don't need permission to honor your truth. You were born qualified to walk this path.

05

Stay Rooted, Keep Rising

When you feel lost, come back to your breath, your body, and your soul's why.



NEXT STEPS

You've ignited the spark.
Now it's time to take aligned action.

Congratulations on completing the Purpose Discovery Guide.
You've just taken a powerful leap toward remembering who you are and what you're here to do.
Purpose is the path, but presence is the power.

Your next aligned steps:

Reflect + Journal

Revisit your worksheets. What themes stood out? What surprised you? Write down the key revelations that felt most aligned.

Go Deeper: The Purpose Alignment Course

You've discovered what matters. The course walks you through aligning and activating it, one guided lesson at a time.

Want Personal Guidance? Book a Discovery Call

Work 1:1 with Phariel to turn what you've uncovered into a clear plan for your life, your work and your next decision.

Join The Lighthouse

Follow [@pharuslucisco](#) and subscribe for inspiration, exclusive content, and soul-led guidance.
You don't have to walk this journey alone.

CONTINUE TO THE COURSE

[Book a Discovery Call](#)



Pharus Lucis Management LLC
Purpose • Alignment • Legacy

Your beacon of light to achieve greatness

Athenaeum | The Constellation | The Lucis Letter | The Lighthouse | Treasury X



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STEP INTO ALIGNMENT

SAY YES TO THE LIFE MEANT FOR YOU

YOU WERE MADE FOR MORE

You're not here to settle. You're here to shine, lead, create, and thrive. This is your sacred space to remember your purpose, reclaim your power, and realign with your soul's vision.

Inside, you'll gain clarity, confidence, and the courage to move with intention.

No more confusion.

No more shrinking.

Just truth, alignment, and inspired action.

Let this be the moment you choose yourself.

READY TO BEGIN?

Click below to book your coaching call and start your journey. Awaken what's been waiting inside you all along.

WORK WITH ME



@pharuslucisco

YOU'VE DONE THE INNER WORK

NOW LET IT GUIDE YOU FORWARD

YOU'RE READY.
TRUST THAT.

You've explored your story, uncovered your passions, and remembered who you truly are. Now it's time to take the next step – not from pressure, but from alignment.

Let your clarity lead the way. Let your passion shape the path.

You don't have to do this alone – and you don't have to wait.

**Your purpose is already alive within you.
It just needs space to move.**



Join the Journey. Walk in Purpose.

Click below to enter the Alignment Athenaeum ~ a living library for the becoming ~ and continue on the path of rediscovery into embodiment, expansion, and aligned action.

EXPLORE THE ATHENAEUM



www.pharuslucis.com

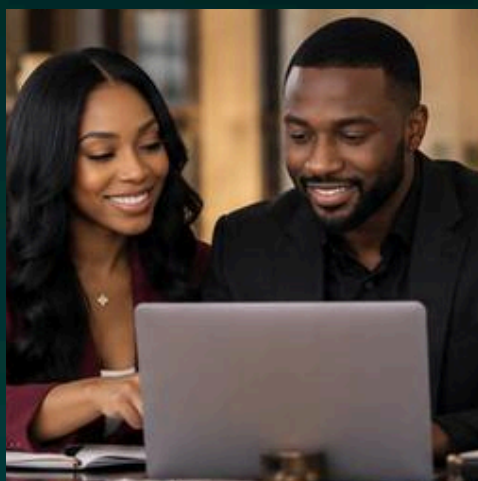
RESOURCES



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[TAKE THE ALIGNMENT
COMPASS](#)



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THE JOURNEY KEEPS UNFOLDING

Keep Exploring

Every part of Pharos Lucis is built to meet you at your next step.
Choose the door that is calling you.

The Alignment Athenaeum

Twelve paths for every part of your life. Find the one calling you.

ENTER

The Constellation

Articles and teachings that light each path of the journey.

READ

Treasury X

X marks the spot: tools, journals and treasures for your aligned life.

DISCOVER

The Lighthouse

Our community. Share what you are discovering and keep growing together.

JOIN

The Lucis Letter

Letters of light for your journey, delivered to your inbox.

SUBSCRIBE

[Ready for your next step? Continue to the Purpose Alignment Course](#)



@pharoslucisco



The future belongs to
those who believe in the
beauty of their dreams.

ELEANOR ROOSEVELT



@pharuslucisco



The most beautiful
things in the world
cannot be seen or
even touched.
They must be felt
with the heart.

HELEN KELLER



Thank You...

I'm so honored that you chose to invest your time, energy, and trust in this journey.



You didn't just read a guide,
you answered a calling.

As you continue to discover your purpose, remember: every spark, every step, and every whisper of inspiration is a part of your divine unfolding. Keep listening. Keep creating. Keep becoming.

With gratitude and light,

Phariel x

VISIONARY SPIRITUAL PURPOSE GUIDE
EMPOWERMENT & STRATEGY COACH
FOUNDER OF PHARUS LUCIS MANAGEMENT

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