



FINDING YOUR

Life Purpose

BY KATERINA NOVAKOVA



Welcome here!

Thank you for being here and trusting me to help you on
this journey. I truly appreciate it!



Hi! I'm Katerina.

I always dreamed of living abroad and traveling, but beyond that, I felt lost. Unlike my sister, who always knew she wanted to be a teacher, I had no idea what my purpose was.

I studied business and marketing, but corporate jobs left me stressed and unfulfilled. I kept asking myself, Why am I here? What's my life meant to be?

Everything changed when I started asking the right questions. I realised:

- ✨ It's okay not to have all the answers.
- ✨ Your purpose can evolve as you grow.
- ✨ Finding joy in the present is the first step.

Now, I've found my purpose, and I'm sharing everything I learned in this free ebook. If you feel stuck, this is your sign to start your journey. Be kind to yourself and let your life purpose unfold.



LET'S DO IT!



Let's get started!

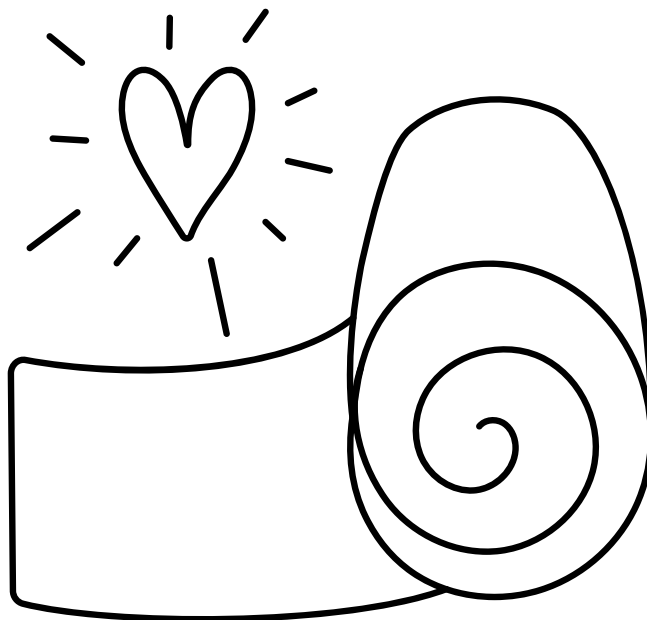
Get pen and paper or print this e-book!

1, Meditation

I want you to start with meditation first. This step is of course optional, but it can be also so powerful!

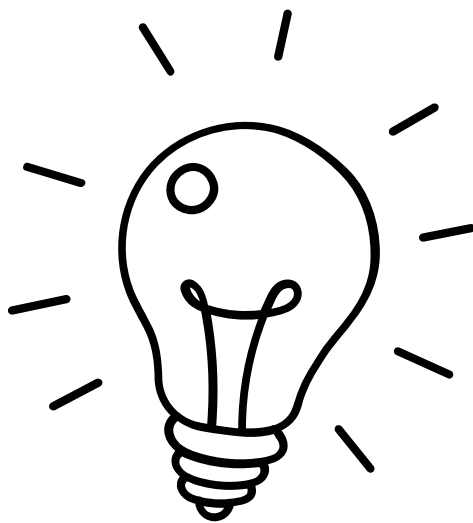
You can find free guided meditations on Youtube or you can simply close your eyes and focus on your breath for 5-10 minutes.

After meditation, work on the following questions.



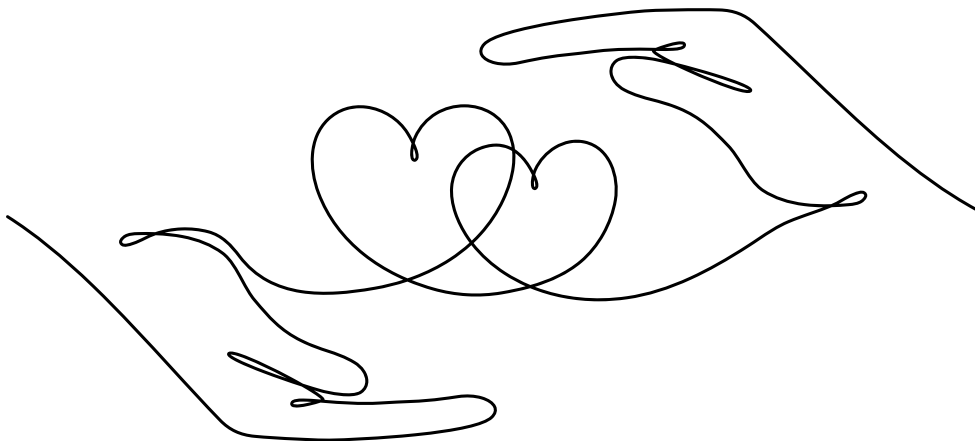
1, Reflecting on Values and Beliefs

- What values are most important to me in life?
- Are there any beliefs or principles that help with my decisions and actions?
- How do my values align with the way I currently live my life?



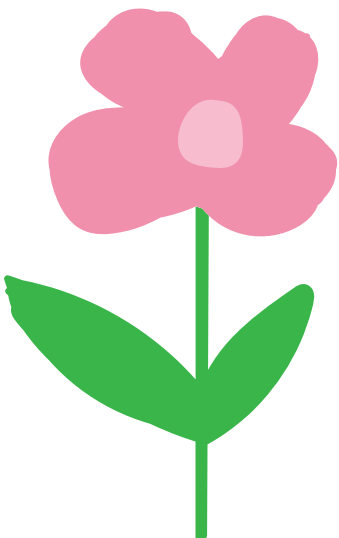
2, Identifying Strengths and Passions

- What activities make me feel most alive and energized?
- When do I lose track of time because I'm so engaged in what I'm doing?
- What are my natural talents and strengths, and how can I use them to make a positive impact?



3. Exploring Childhood Dreams and Inspirations

- What did I dream of becoming when I was a child, and why?
- What childhood experiences are still impacting you through your adult life?
- How can I reconnect with the sense of wonder and possibility I had as a child?



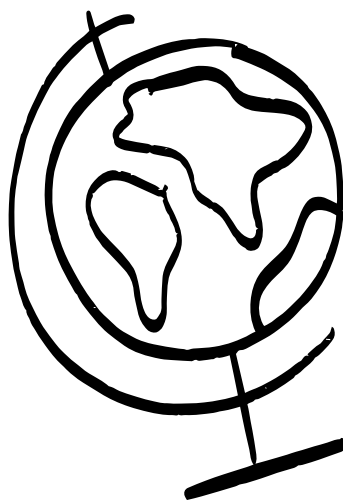
4. Reflecting on Significant Life Experiences



- Think about moments in your life when you felt a deep sense of fulfillment or purpose. What were you doing, and why did it resonate with you?
- Have there been any challenges or obstacles that have shaped who I am today? What lessons have I learned from these experiences?
- How can I use my past experiences for my future path and decisions? Can I teach someone what I learned?

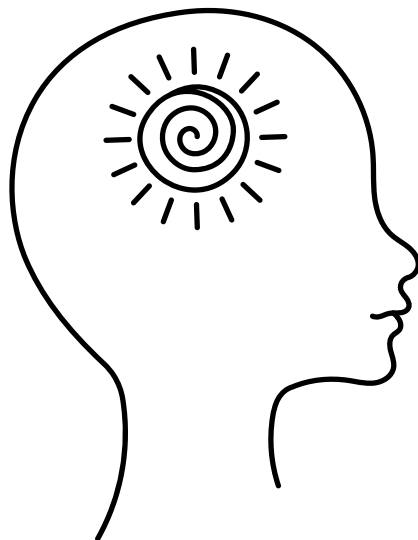
5. Impact and Contribution

- How do I want to make a difference in the world, big or small?
- Whose lives do I want to positively impact, and how?
- What legacy do I want to leave behind?



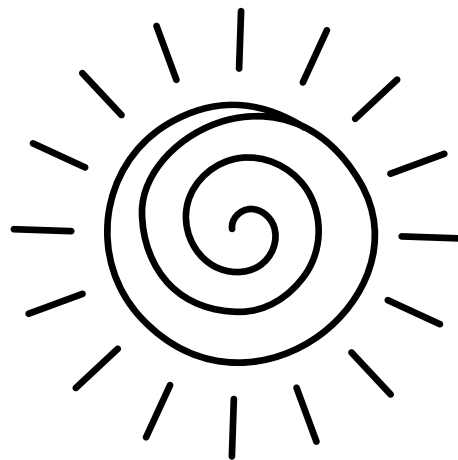
6. Visualizing an Ideal Life

- Close your eyes and imagine your ideal life ten years from now. What does it look like? What are you doing, and who are you surrounded by? FEEL IT. See it!
- What would make you feel truly fulfilled and happy?
- When are you the happiest?



7. Feedback and Insights

- Ask friends, family members, or mentors what they see as your strengths and unique qualities.
- How do others see you, and does their feedback resonate with you?
- Are there any patterns or themes in the feedback you receive that shed light on your potential life purpose?



8. Reflecting on What Brings Joy and Meaning

- What activities or experiences bring me the most joy and fulfillment?
- When do I feel the most alive and engaged with life?
- How can I incorporate more of these experiences into my daily life?



THANK YOU!!!

...and I'm very proud of you that you're learning how to improve your life!

Do you want to learn more tools? You can get my Anxiety Toolkit with 20% off!

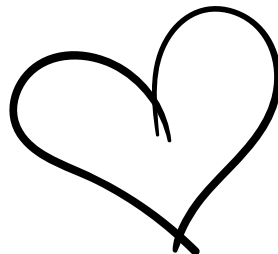
CODE: **ANX20** (*Only 50 codes!*)



You'll learn proven tools on how to release your anxiety, build your confidence and feel happy! There are over 20 tips including EFT tapping technique.

+ *BONUS: Heal & manifest your best life.*

If you feel that you need one-on-one help, keep reading because I have a free session for you!



1:1 COACHING

Ready to transform your life and mind?

My one-on-one coaching program is perfect for women who are sensitive and want to heal, grow, and become their best selves.

If you're feeling stuck, overwhelmed by anxiety, or unsure of your purpose, know that you're not alone (I've been there for years!) Together, we'll find what's holding you back and discover what you truly want in life.

And here's the best part: your first session is FREE! It's a chance for us to connect, dive deep into your goals, and see if we are the right match!

Find more details about my coaching for you [here](#).

What to expect?

You are paying for results. Money back guarantee if we don't meet your desired outcome.

- ✓ Weekly coaching calls for 12 weeks
- ✓ My personal support Monday - Friday
- ✓ Tools for self-healing
- ✓ Personalised plan
- ✓ A safe space to share & grow

The capacity is very limited so secure your spot ASAP <3



Katerine was super good.

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She was very calm when she listened to my problem of insomnia and helped me out with it. The measures she suggested were very helpful and thankfully since having spoken to her, I am sleeping good.

Date of experience: April 19, 2024

A day ago

BOOK YOUR
FREE SESSION

