

HARRIS EDDIE HILL - THE ALIGNMENT ARCHITECT

WHAT'S YOUR PURPOSE?

MASTERCLASS WORKBOOK

DAY 3



DAY THREE

Five Star Job

Before you write anything, allow yourself to sit and visualise. Start with waking up in the morning, excited or looking forward to the work life you've created for yourself. Everything is just as you like it. Really see how much or how little you're working with people, how you're serving or creating for others. Let the day play out in your mind.

Once you've done this, get out a blank piece of paper and make a list or mind map, or however you want to do it, and begin to note down the different aspects your Five Star Job has. Spend at least 20 minutes on this.



Prompts



How do you feel about life/work?
What are the people you work with/for like?
How relaxed or positive do you feel?
How supported are you?
How different is it getting up for work now compared to how you used to feel?
How much time do you now have for other things?
How has your health improved?
What are you helping people to feel?

How many hours you want to work in a week?
How much money do you want to take home each month?
Do you want to work from home, an office, travel, or a mixture?
Do you want to work face-to-face with clients, or do you want to sell them things you've already created?
What days of the week do you want to work?
What are you helping people to do?

DAY THREE (CONTINUED)

Five Star Job

Usually at this point people have begun to get at least a very strong sense of what this Five Star Job is; the vision is beginning to take on a tangible form. If you're not feeling lit up or that there's much of a picture forming, this is most likely because you've listed things or imagined things that you don't actually want to do.

Quite often in this exercise people will write down what they think they deserve financially, or will commit to working more hours than they really want to. Some people will continue to choose a purpose or a professional practice that they are no longer in love with. If this is you, and nothing's coming to you, I invite you to start part two afresh. Allow your imagination and heart to wander completely freely, without limitations, without fear, and without judgement. Your purpose is there waiting, but it's not going to pop up if you've given it the wrong, or uninspiring, parameters.

I would also like to draw your attention to the possibility that you may have multiple life purposes, or there may be a sequence of them. There may be parts of your purpose that will not be part of your work, too. There may be some aspects of your

purpose that are not incorporated into your work, but may become a part of your life another way. It may also be the case that you'll start with one kind of work that will give you agency, freedom, and better earning potential, but will not be your final purpose. Follow what information and intuitions you have so far, and make sure to look after yourself and make sure your basic needs are met throughout this process.

PREPARE FOR DAY 4

Sit with Day Three's realisations, let it percolate, and write down any questions that come up below. I encourage you to sit with the questions without trying to answer them immediately. Bring them along to day 4 and I'll go through them with you.

Questions for Day 4