

BELLE VIE™

What Am I *Here* to Do?

A Starting Workbook

A COMPANION TO THE ESSAY
THE QUESTION THAT CHANGES WITH YOU

BEGIN WHERE YOU ARE

BEFORE YOU BEGIN

A note, first.

You do not need to have the answer before you start. That is the whole point. A mission is not invented at a desk in an afternoon — it is *noticed*, slowly, by paying attention to what your own life keeps returning to.

This workbook will not hand you a purpose. It will do something better. It will quiet the noise long enough for you to hear the answer that is, in all likelihood, already in you.

For most women, the clarity is not missing. The permission is. So before anything else: you are allowed to take seriously what you already want.

HOW TO USE THIS

FOUR SMALL COMMITMENTS

- 1. Go slowly.** One exercise at a time. There is no prize for finishing in a day.
- 2. Write by hand.** Print these pages. The hand reaches things the keyboard skips.
- 3. Be honest, not impressive.** No one is reading this. Tell the truth.
- 4. Watch for repetition.** The thing that keeps appearing across these pages is your answer, showing itself.

Exercise One

Morning Pages

Each morning, before the day's noise, write three pages by hand. Not good writing — *any* writing. Whatever is in your head goes onto the page. Do this for a week. The same concerns will keep surfacing, and that repetition is the first shape of your answer.

Use the tracker to mark each morning. Below it, capture the one thing that kept returning.

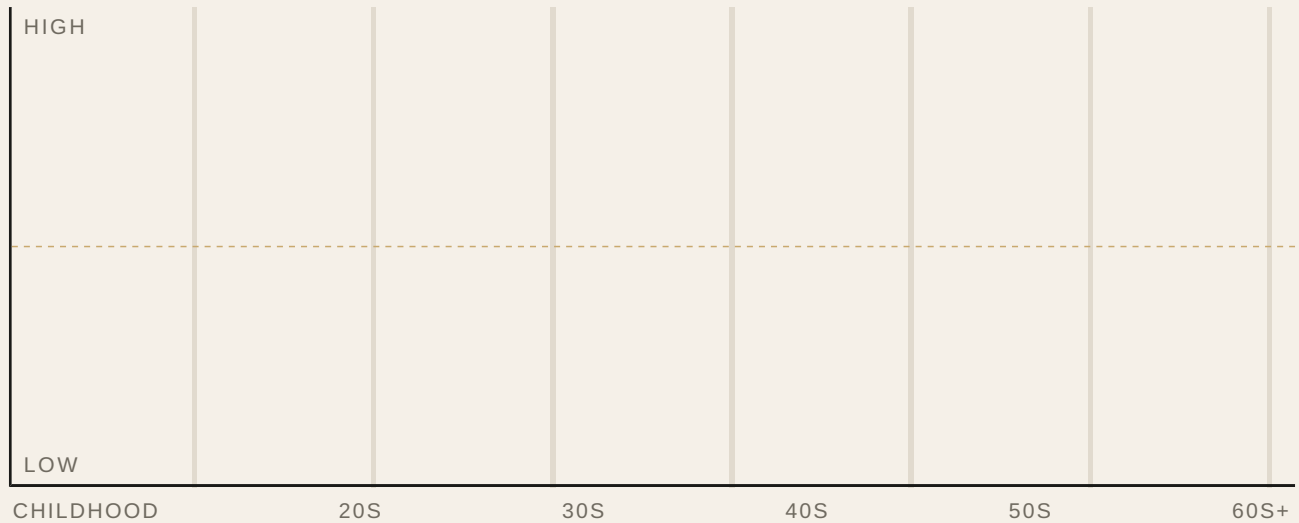
MON	TUE	WED	THU	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHAT KEPT COMING BACK THIS WEEK?

Exercise Two

The Lifeline

Draw your life as a single line across the years — rising at the highs, dipping at the lows. Don't overthink it. When it's done, step back and study the *shape*. Mission is almost never a new idea. It is the theme you returned to again and again without deciding to.



READING THE SHAPE

What theme keeps recurring across the highs? What were you doing, each time the line rose?

Exercise Three

Subtract the Roles

We accumulate roles — mother, daughter, professional, caregiver, partner — and the self underneath can get buried beneath all the performing. List every role you carry. Then ask the real question: *if I subtracted all of these, what would still be true about what I'm here to do?*

EVERY ROLE I CARRY

WHAT REMAINS WHEN THE ROLES ARE GONE

Mission is the thing that survives the subtraction. The roles were never the mission — they were the costumes it wore.

Exercise Four

What Still Matters

Circle every word below that genuinely matters to you. Don't be modest, and don't be aspirational — choose what is *true*. Then do the hard part: narrow the circles down to five.

Forcing the choice is what cuts through the fog.

Belonging Beauty Justice Faith Family Freedom Healing Knowledge

Service Creativity Legacy Adventure Security Dignity Growth

Community Craft Honesty Care Independence Mentorship Rest

Courage Order Wonder Generosity Excellence Peace Connection

Purpose _____

MY FIVE — THE ONES I WOULD NOT TRADE

Exercise Five

Three Lives

Sketch three different versions of the next five years. Keep each to a few honest lines. The contrast between them is where the truth hides.

ONE — THE LIFE I AM ALREADY ON

TWO — IF THAT LIFE SUDDENLY VANISHED

THREE — IF MONEY AND IMAGE DID NOT MATTER AT ALL

Which one did you lean toward as you wrote it? That pull is information.

Exercise Seven

Name the Face

A mission is relational. Vague missions — *help people, make a difference* — stay foggy because they have no face. The clear ones name a person. Picture the one you are here to serve, as specifically as you can.

WHO ARE THEY?

Age, season of life, what they're carrying, where you'd find them.

WHAT DO THEY NEED THAT YOU ARE UNUSUALLY ABLE TO GIVE?

IN ONE SENTENCE — I AM HERE TO _____ FOR _____.

ONE LAST THING

*The question is still asking.
It has been asking your whole
life.*

You are allowed to answer it. For most of us, the clarity
was never the missing piece. The permission was.

Give it to yourself.