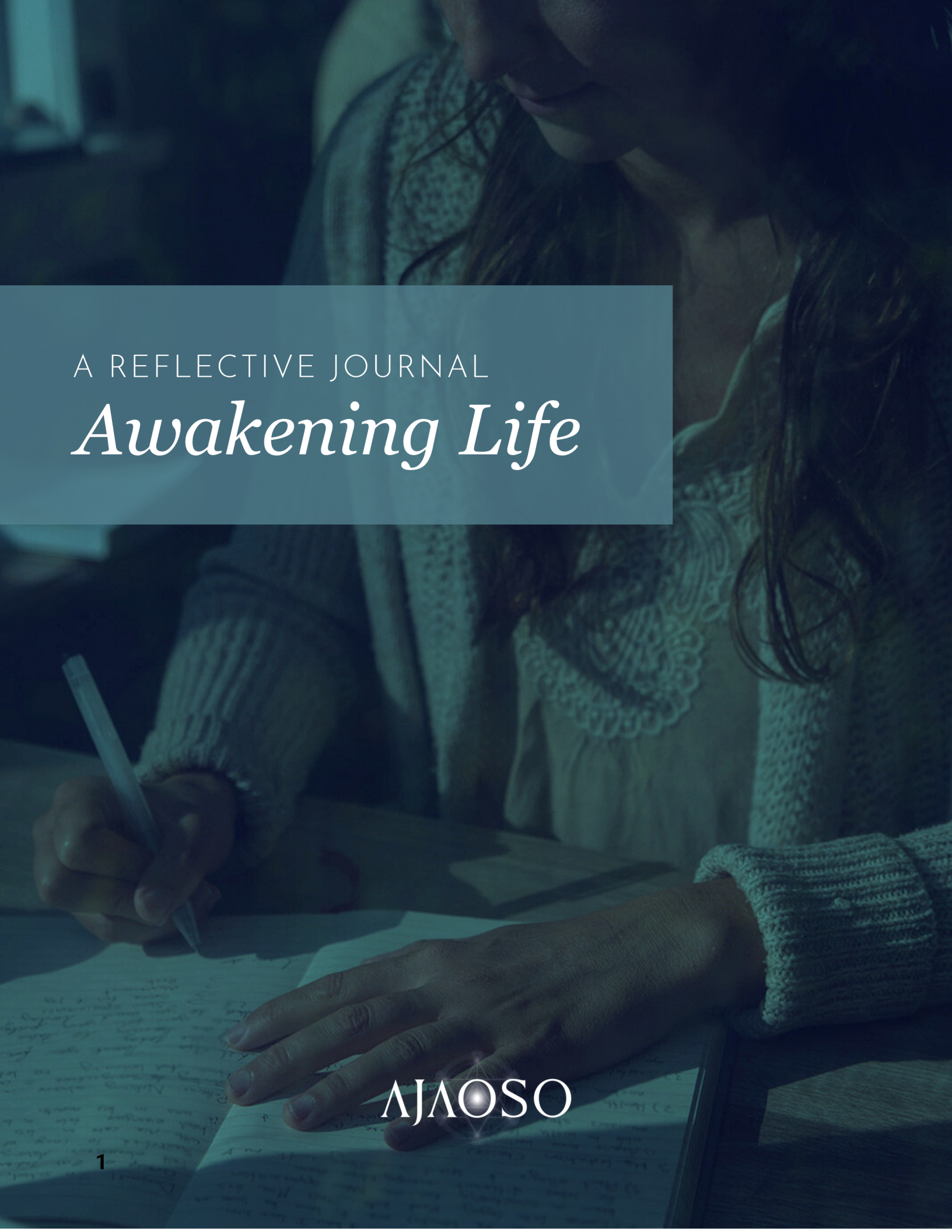


A person with long dark hair, wearing a light-colored sweater with a lace collar, is sitting at a desk and writing in a journal. They are holding a pen in their right hand and resting their left hand on the journal. The journal has handwritten text on it. The background is dark and out of focus.

A REFLECTIVE JOURNAL

Awakening Life

AJAOSO

Purpose is not just found in what you do—it's in the energy you bring into each moment, the passions you follow, and the way you show up in the world.

It can be grand or subtle, woven into the way you love, create, experience, and give. Even the simple act of holding love in your heart sends ripples of change beyond what we can imagine.

This journal process is an invitation to turn inward, explore your beliefs, and connect with a deeper sense of meaning. Through self-inquiry, you strengthen your inner reserves, empower yourself, and cultivate a purpose that feels alive in your daily life.

Take your time with each question, allowing your thoughts to unfold naturally. You might complete this process in one sitting or return to it over weeks, months, or years, letting it evolve with you.

Set the Stage for Reflection

Begin by creating a quiet, comfortable space where you can reflect without distractions. Light a candle, play calming music, or meditate briefly to center yourself. Open your journal with an intention, such as:

"I open myself to exploring the deeper questions of life with curiosity and honesty."

"I allow my reflections to flow freely, trusting in the wisdom they reveal."

1 *What is life to you?*

*Write freely about what you believe life is at its core.
How do you perceive it: an adventure, a mystery, a test,
a school, a journey of creation, or something else?*

CONSIDER:

When have you felt most alive, and what does that tell you about your connection to life?

How do you experience the essence of life in the present moment?

EXAMPLE PROMPT:

"If I had to describe the essence of life in one sentence, it would be..."

"What am I here to gain through my experience in this life?"

2 *Why do you think you're here?*

Your purpose doesn't have to be a grand mission—it can be in the small, meaningful moments that light you up. This is where passion meets purpose.



CONSIDER:

Do you believe your purpose lies in grand accomplishments or in the small, meaningful moments of daily life?

What do you feel most drawn to or passionate about, and how does it guide your sense of purpose?

EXAMPLE PROMPT:

"When I reflect on my life so far, I find purpose, meaning and passion in these types of experiences.."

"What am I here to give to the world?"

3

What do you believe is the point of all this?

Dive into your beliefs about the ultimate meaning of life and existence as a whole. What are your core beliefs about existence? Is life about growth, love, experience or something else?

CONSIDER:

Do you feel life has a specific purpose, or is it an open-ended journey of creation and discovery?

How do your beliefs shape your choices and the way you live your life?

EXAMPLE PROMPT:

"To me, the point of existence might be..."

"If there is no ultimate meaning, what makes life worth living for me?"

4 *How do you navigate uncertainty?*

*At times, life's meaning may feel unclear, elusive or uncertain.
How do you move through moments of doubt?*

CONSIDER:

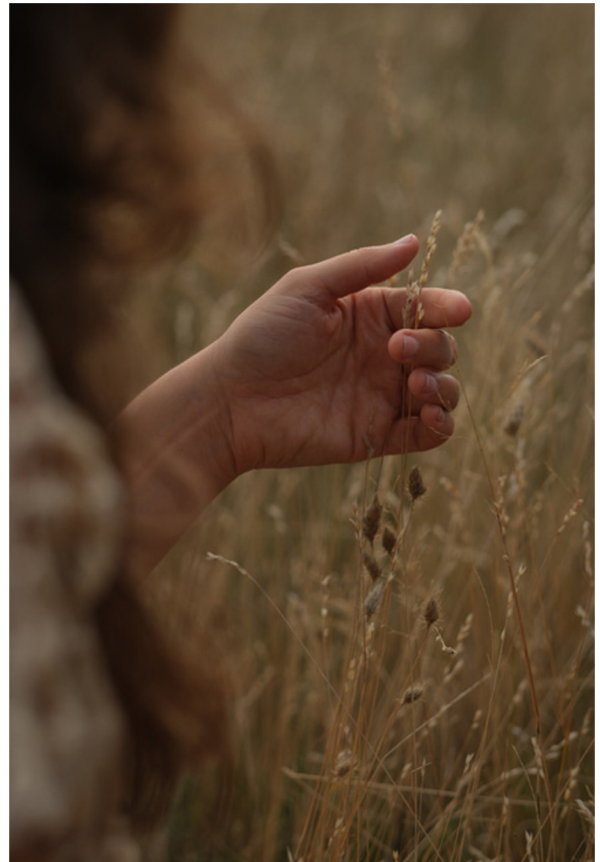
What grounds, comforts, or anchors your path feels uncertain?

How has your perspective evolved over time, and what continues to guide you?

EXAMPLE PROMPT:

"When I feel lost or unsure, I turn to..."

"In time of doubt, I remind myself of..."



5

What impact or energy do you want to leave behind?

Whether through actions, words, or presence, you leave an energetic imprint on the world. Think about the impact or the energetic imprint you want to have on the world, whether big or small.

CONSIDER:

How do you want others to feel when they interact with you?

What qualities do you want to embody in your daily life?

EXAMPLE PROMPT:

"I want my presence to inspire others to feel..."

"I choose to embody these qualities as I move through the world..."

6

Reflection & Integration

After responding to these questions, take a moment to review your reflections. Notice any patterns, insights, or emotions that arise.

CONSIDER CLOSING WITH A FINAL JOURNAL ENTRY:

What have I discovered about myself through this process?

What step can I take today to live more in alignment with my beliefs or purpose?

Revisit this journaling practice periodically whenever you need clarity—whether once a year as a part of an annual ritual or during moments when you feel lost or in need of inspiration. As you evolve, so too will your understanding of purpose, passion and your place in this world.



A Loving Reminder from Aja Oso

You are not here by accident. Your existence matters, your presence is felt, and your energy creates ripples far beyond what you can see. Purpose is not something to find—it's something to live, moment by moment, with passion, presence, and heart. Trust that you are always exactly where you are meant to be.

With love,

Aja Oso



If you'd like to connect on your path or learn more tools and strategies for energetic fitness, spiritual evolution, and plant medicine integration support, reach out to Aja Oso—I'm here to guide and support you.

www.ajaoso.com

