Find Purpose

EXPLORATION OF PASSION, PERSONAL POWER, & PURPOSE

Purpose Exploration is a proven practice to help regain a sense of connection to your life. Suicidal feelings and thoughts are often linked to a lack of clarity about what your purpose is and what your God-given personal powers are. Make a list of your passions, dreams, gifts, "superpowers", and reasons why you were born. Go slow and breathe as you write.

emerge
counseling ministries