



Path to Purpose

8 Steps to Transformation Worksheet



001 - You Feel Stuck

Why Holding On Hurts
More Than Letting Go



Rewriting Your Story

If you're here, it's because you're ready to start the process of releasing what's holding you back. This is a big step, and while the path may feel challenging, the rewards are waiting on the other side.

Welcome to the Path to Purpose: 8 Steps to Transformation Worksheet, designed to accompany our article series and guide you through practical steps toward rewriting your personal narrative.

Feeling stuck is often a signal that it's time to reassess and make a shift, and this workbook is here to help you recognize where you're stuck and begin making small changes that can lead to big transformations. To maximize your experience, print out a copy of this worksheet or write your answers in a notebook. You can also download this file and type directly into it—just make sure to save your progress.

This is just the beginning. By working through this, you're taking the first steps toward real change, and I'd love to hear about your progress. Share your insights and tag me @elhexperience using the hashtag #LettingGo on Instagram, Facebook, TikTok, Threads, or LinkedIn.

We are excited to hear from you.

Visit us at www.ericlharrison.com to become a member of the community.

Please answer the following question...

1

What is one area of your life where you feel stuck or held back?
What decision do you know, deep down, that you need to make in order to move forward?
Be specific about what needs to change.

2

What fears or discomforts come up when you think about letting go? What is the pain you associate with releasing this part of your life?
Acknowledge the emotions you're feeling and how they might be influencing your ability to move forward.

3

What new possibilities or opportunities could open up if you let go of what's holding you back? Imagine your life after this decision—what does it look like? Focus on the positive outcomes and trust in the potential for growth.



Congratulations on Taking the First Step!

You did it!

You've just finished a major step in letting go, and that's something worth celebrating. But remember, this is just the beginning. Now that you've started your journey toward transformation, why stop here?

If you're ready to build on this momentum and want more personalized guidance, real-time coaching, and a supportive community by your side, it's time to join the E.L. Harrison Digital Online Coaching xPerience. We've got even more tools, resources, and insights to help you create the life you've been envisioning.

So, what do you say?

Let's keep growing and moving forward! Join us today and continue building the life you're meant to live, together!

Visit us at www.ericlharrison.com to become a member of the community.