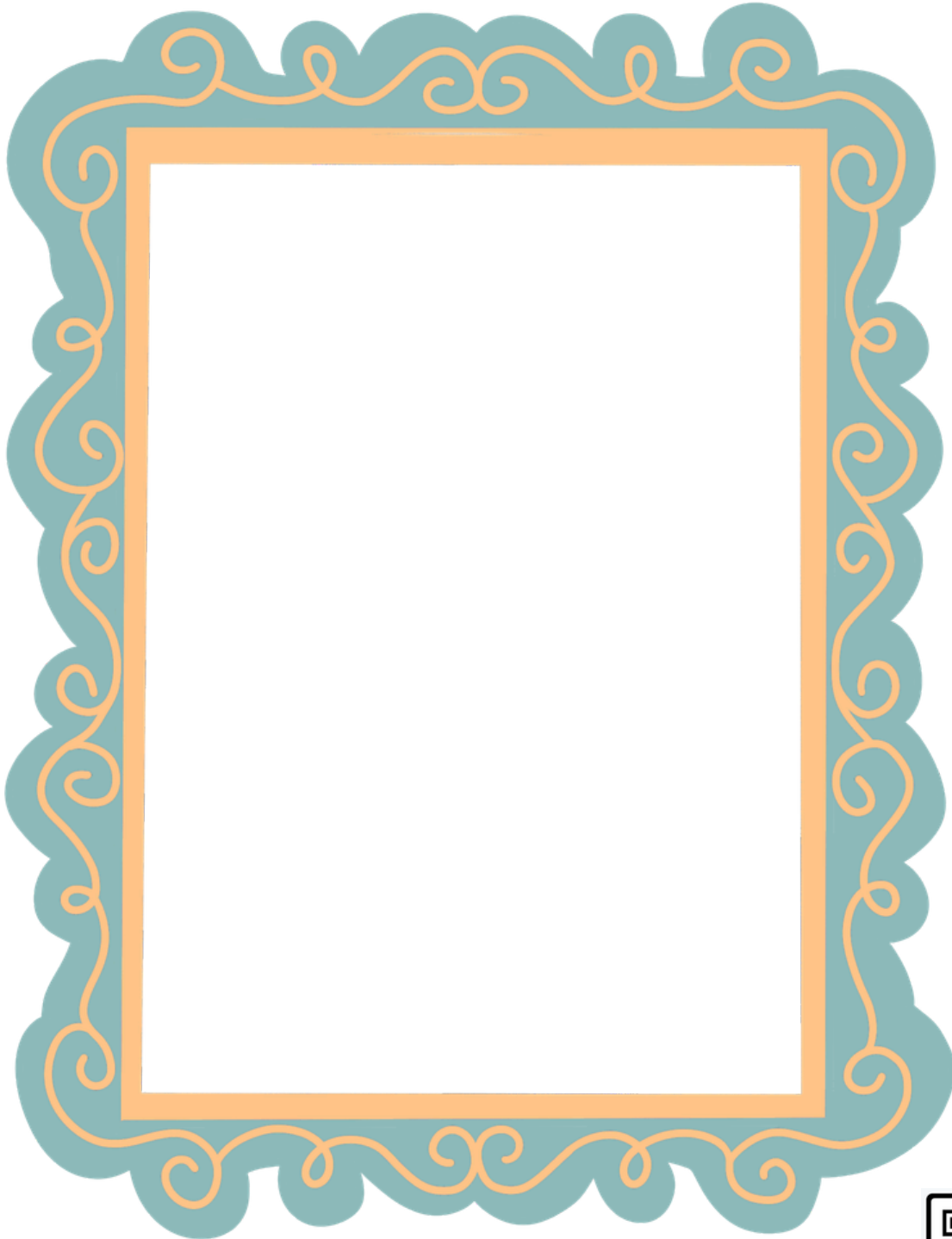


# Draw Yourself at Your Happiest

One of the most powerful exercises I have experienced came from a branding workshop by Michele O'Hara of Luminous Brands Consultancy where, instead of introducing ourselves with words, we were asked to draw a picture of ourselves at our happiest. Not our job title. Not our accomplishments. Just a simple picture of what joy looked like in our lives. It was such a beautiful reminder that happiness leaves clues. When you begin paying attention to the moments that make you feel most alive, peaceful, fulfilled, and connected, you start discovering more about your purpose, your calling, and the life you were created to live.

Use the space below to draw yourself at your happiest and reflect on what brings you genuine joy. What are you doing? Who are you with? How do you feel? And now my question for you is, if this drawing is you at your happiest, are you doing it? Are you living out that drawing? Sometimes the path forward begins by reconnecting with what lights you up inside.



**LEARN MORE ABOUT HOW TO USE THIS PRINTABLE BY SCANNING THE QR CODE AND WATCHING THE YOUTUBE VIDEO.**





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