

Guided Visual Meditation: Discovering Your Purpose

For the Purpose Planning Party
Led by Dr. Lesley Nicole Poinsette

Purpose of This Meditation

This guided meditation is designed to help women over 40 move beyond the noise of daily life and connect with their divine purpose. Unlike traditional vision board exercises that focus on distant, aspirational dreams, this meditation grounds participants in the present moment and reveals actionable steps for the next 90 days. It emphasizes that purpose is not something far away—it is already within you, waiting to be uncovered and acted upon.

Setting the Atmosphere

Before You Begin:

- Dim the lights slightly or use soft, warm lighting
 - Play gentle instrumental music (piano, strings, or ambient sounds)
 - Ask participants to sit comfortably with their feet flat on the floor
 - Provide journals and pens for immediate reflection after the meditation
 - Speak slowly, calmly, and with intentional pauses (marked as [pause])
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The Meditation Script

Opening (2 minutes)

[Speak in a warm, grounding tone]

Close your eyes. Take a deep breath in through your nose... and out through your mouth. [pause]

Again. Breathe in... and out. [pause]

One more time. Breathe in deeply, filling your lungs with peace... and release everything that does not serve you. [pause]

Let your shoulders drop. Unclench your jaw. Release the tension in your hands. [pause]

You are safe. You are held. You are exactly where you need to be. [pause]

Releasing the Pressure (3 minutes)

I want you to imagine that you're carrying a heavy backpack. This backpack is filled with expectations—other people's opinions, society's timelines, the pressure to have it all figured out. [pause]

Feel the weight of it on your shoulders. [pause]

Now, I want you to gently take that backpack off. Set it down beside you. [pause]

You don't need to carry it anymore. Not today. Not in this moment. [pause]

Take another deep breath. Notice how much lighter you feel. [pause]

This is your life. Your journey. Your timeline. And today, you are giving yourself permission to start exactly where you are. [pause]

Connecting with Your Inner Self (4 minutes)

Now, I want you to picture yourself standing in a beautiful, peaceful place. It could be a garden, a beach, a quiet room filled with light—wherever you feel most at peace.

[pause]

Look around. Notice the colors, the sounds, the warmth of the sun or the softness of the breeze. [pause]

In this place, there is no rush. There is no judgment. There is only you and God.

[pause]

Now, imagine a version of yourself walking toward you. This is not the you from 10 years ago or 10 years from now. This is the you from 90 days in the future. [pause]

She is glowing. She is confident. She is walking in purpose. [pause]

Look at her closely. What is she wearing? How does she carry herself? What does her face tell you? [pause]

She stops in front of you and smiles. She takes your hands and says, “Thank you. Thank you for taking the first step today.” [pause]

She leans in and whispers something to you. Listen carefully. What is she saying?

[pause for 30 seconds]

Receive that message. Hold it in your heart. [pause]

Discovering Your Next Step (4 minutes)

Now, I want you to ask her a question. Ask her, “What did I do in the next 30 days that changed everything?” [pause]

Listen. She is showing you something. It might be a small action—a conversation you had, a decision you made, a habit you started. [pause for 30 seconds]

Receive that vision. Don’t judge it. Don’t dismiss it because it seems too small or too simple. Purpose often begins with one small, obedient step. [pause]

Now ask her, “What did I accomplish by day 60?” [pause]

She is showing you something else. Maybe it's a milestone, a breakthrough, a moment of clarity. [pause for 30 seconds]

Receive it. Trust it. [pause]

Finally, ask her, "What does my life look like at day 90?" [pause]

She opens her arms wide, and you see a picture of your life. It's not perfect. It's not finished. But it's purposeful. It's intentional. It's moving. [pause for 30 seconds]

This is not a distant dream. This is 90 days away. This is real. This is possible. [pause]

Anchoring Your Purpose (3 minutes)

Now, your future self places her hand over your heart. She says, "Your purpose is not out there. It's already in you. It's in the gifts you've been given, the experiences you've walked through, the people you've been called to serve." [pause]

She says, "Stop waiting for permission. Stop waiting for the perfect moment. Start today. Start small. Start now." [pause]

She smiles at you one last time, and then she steps back. But before she leaves, she hands you something. It's a seed. [pause]

This seed represents your purpose. It's small. It's simple. But when you plant it, water it, and tend to it over the next 90 days, it will grow into something beautiful. [pause]

Hold that seed in your hand. Feel its weight. This is your assignment. This is your next step. [pause]

Returning to the Present (2 minutes)

Now, I want you to take a deep breath. [pause]

Begin to bring your awareness back to this room. Wiggle your fingers. Wiggle your toes. [pause]

Feel the chair beneath you. Hear the sounds around you. [pause]

When you're ready, slowly open your eyes. [pause]

Welcome back. [pause]

Journaling Prompts (Immediate Reflection)

[After the meditation, give participants 5-7 minutes to journal in silence. Provide these prompts:]

1. What did my future self (90 days from now) say to me?
 2. What is the one small step I need to take in the next 30 days?
 3. What milestone or breakthrough did I see at day 60?
 4. What does my life look like at day 90?
 5. What is the “seed” (purpose) I am being called to plant today?
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Transition to Vision Board Creation

[After journaling, transition with these words:]

“What you just saw in that meditation—that is not fantasy. That is vision. And now, we are going to take that vision and make it plain. We are going to write it down, visualize it, and create a 90-day roadmap that will guide you every single day. This is not about dreaming big and hoping it happens someday. This is about taking small, faithful steps that lead to real transformation. Let’s get to work.”

Notes for Dr. Poinsette

Tone: Speak with authority, but also with tenderness. You are not just leading a meditation—you are holding sacred space for women to encounter God and themselves.

Pacing: Do not rush. The power of this meditation is in the pauses. Give women time to actually see, feel, and receive.

Flexibility: If you sense the room needs more time in a particular section, extend the pause. Trust your intuition.

After the Meditation: Some women may be emotional. Acknowledge that this is normal and beautiful. Remind them that tears are often a sign that something true has been touched.

This meditation will set the tone for the entire Purpose Planning Party. It shifts the energy from surface-level inspiration to deep, Spirit-led clarity. When women create their vision boards after this experience, they will not be cutting out random magazine pictures—they will be building a sacred roadmap for the next 90 days of their lives.