



Finding Your Life Purpose

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Do you ever wonder why you're here? After all, you were created with a unique set of passions and talents that no one else in the world can duplicate! Discovering your purpose in life lets you use your unique assortment of feelings and abilities to bring you greater self-fulfillment.

When you're doing what you feel like you must have been born to do, you can create a life you enjoy through and through. Your goals will have more meaning to you and challenges will be naturally easier to overcome as you joyfully move toward achieving those goals.

This process for finding your life purpose enables you to tune in to your inner self and figure out what makes you tick. Take the time to find your purpose - your life will certainly change for the better!

Prepare Yourself

For this process, an open mind is optional, but helpful. ***It doesn't matter if you don't think this will work - it just means it might take a little longer.*** All you really must have are a piece of paper, something to write with, and approximately an hour of peace and quiet.

As you're doing this exercise, try to empty your mind as much as possible. The clearer your mind is, the quicker and easier the process will be. Also, do this while you're relaxed, alone, and unlikely to be disturbed.

The Process

1. **Focus on your intention.** Write at the top of your paper: "This is my life purpose."
This simple act sets your intention in your mind for the next hour.
2. **Begin listing your thoughts - even doubts about this process.** As you clear your mind and focus on this process, ***write whatever comes to mind, no matter what it is.*** If you think to yourself, "This isn't going to work," then you would write, "This isn't going to work."
3. **Brainstorm.** Answering these questions will get you started. ***Then keep writing your thoughts until you find your life purpose.***
 - What are your talents and abilities?
 - Which talents would you like to develop further? Why?
 - What are your passions?
 - Do you get joy from helping others? Who?
 - Have you always wanted to be a philanthropist?
 - What activities do you enjoy?
 - What have you always wanted to do, but you haven't done it yet?
 - Who do you most enjoy being around? Adults? Children? Why?
 - Do you love animals?
 - Do you like to travel?
 - Do you want more excitement in your life?
 - What are your favorite books or movies? Why?
 - How do you feel about your relationships?
 - Do you take an interest in politics or world matters?
 - What is your most important priority in your life? Family? Work? Something else?
4. **How will you know?** You'll just know. ***It will be the answer that fills you with the most emotion.*** You may even cry. The idea will resonate with you completely, and there won't be any doubt. Just continue writing whatever comes into your mind until you reach that point.
 - Commonly, answers will repeat themselves. A lot of unrelated nonsense is also likely to come out. Our brains can be a little cluttered, and this exercise will expose that fact. Don't let anything you write distract you from your intentions; odd things quite frequently end up on the paper.
 - ***There will be several answers along the path that feel pretty good to you, but remember, you're looking for the big one.*** When you see the ones that are good, but not "it," this means you're close, but not quite on target yet.

- You're looking for that one idea that feels overwhelming to you. In this exercise, it's common for your life purpose to reveal itself in less than 100 ideas, but it can take as many as 400. Keep writing.

How Can I Apply My Life Purpose to Benefit Me?

Now that you've discovered your purpose, always try to honor it. To do so, keep it in mind consistently. Ask yourself, "***Is this in alignment with my ultimate purpose?***" A life lived like this, with direction and intentionality, is a life you can truly enjoy.

So don't wait any longer; schedule a time to do this when you know you'll have some peace and quiet. Knowing the core reason you're here is one of the greatest gifts you could ever give yourself.