

# Live Your Purpose

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The first step to living your life purpose is identifying what it actually is. This can feel hard, when it's actually quite simple - kind of like when you're searching like crazy for your sunglasses only to realize they're sitting on top of your head!

Once you realize what your life purpose actually is, it becomes so much easier to put it into practice every single day.

Your life purpose is the intersection between what comes most naturally to you, what feels meaningful to you, and what you genuinely enjoy. Once you know what these things are, and the way in which they overlap, integrating your life purpose into your day to day life feels like the most natural thing to do (so natural you're probably already doing it!)

To get started, brainstorm a list of everything that comes to mind for each category.

Naturally good at/strengths

Interested in/enjoy

Meaningful/important/passionate about

*Tip - If you're not sure about your strengths - ask 5 people for one word to describe you. That'll give you some clues into your natural strengths. For the category "interested in/enjoy" think about what makes time pass quickly. For "meaningful/important/passionate about" think about what gets you fired up!*

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Now that you have three, complete lists, look through those lists to find themes, connection points and overlap. For example, if you're someone who naturally makes people feel comfortable, you love reading, and education or literacy is important to you, you could volunteer to help kids read after school, work at your local library, or tutor adults preparing for the GED.

As you start to play with this information, you'll see new ideas come to you that feel interesting and exciting. You'll uncover ways that you can make changes in your current job, or it may point you towards a new career, volunteer opportunity or hobby. You'll also see new ways to show up in your personal and professional relationships.

Your life purpose is *your* unique combination of strengths, interests and passions. Give yourself permission to just get curious and explore all of the possibilities. You don't have to take action on anything you don't want to do. This is really your personal process of self discovery.

Use the space below to brainstorm all of the different ways you can bring your uniqueness to life. This is *how* you live your purpose.

### Ideas to live my purpose

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