

Live Your Purpose

Before you can live your purpose, you have to first identify what it even is. This is hard for most people. A lot of times people are frustrated, trying to figure out what their purpose is, only to wind up feeling more frustrated and confused than when they started.

What makes it so hard is that your purpose is so close to you - so naturally part of you - that it's hard to notice. Kind of like when you're tearing your house apart looking for your sunglasses...which are actually sitting right on top of your head.

But the thing with your purpose is that it's not some profound hidden secret, it's actually made up of elements that you're already using every single day, and once you realize what makes up your life purpose, you'll feel confident in knowing you're putting it into practice each and every 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!)

Get started, by brainstorming a list of everything that comes to mind for each category.

Naturally good at/strengths

***If you're stuck, ask 5 people for one word to describe you. That'll give you some clues into your natural strengths*

Interested in/enjoy

***What are activities you get lost in or that make time pass by quickly? Think of things you could spend all day doing.*

Meaningful/important/passionate about

***Think about things that get you fired up. For example, is there an issue that's really important to you or a cause or a belief you've taken a stand for (or against)? What's something you could spend all day talking about, learning about, teaching or doing?*

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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 career 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 for ways I can live my purpose