

## Discovering Your Higher Purpose & Passion

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*“Follow Your Hearts Desire and the Universe will conspire” from The Alchemist by Paulo Coelho*

All living systems have a special purpose in life. It's our job as humans to discover who we are and why we are here on the planet. Each of us is here for a special reason, a purpose. Once we discover our **Higher Purpose**, we can figure out how we can make a **Contribution** by fulfilling that Higher Purpose and utilizing our natural given talents. That's what leads to a fulfilling life!

Discovering who you are and why you're here is a lifelong journey. It's a journey you take one step at a time, pausing to reflect and reevaluate, sometimes perhaps changing directions, sometimes feeling challenged or overwhelmed. **No one can find the answers for you because the answers are within you.**

**#1.) Sometimes if you ask the right questions, you'll get the right answers. Below are some questions to ask yourself on the journey of finding your Higher Purpose and Passion.**

Fill in the Blanks:

What do you love to do?

What are your talents?

What makes you unique? What sets you apart from other people?

What type of activities can you do where you find yourself forgetting about the time?

What do you dream about doing?

If you didn't have to worry about money and could do whatever you wanted, what would you do?

If fear wasn't part of the equation, how would your life look different?

What do you believe in? What do your stand for?

What drives you?

What energizes you?



**What are you willing to sacrifice for?**

**Do you want to make a difference? Can you make a difference doing what you love?**

**Who do you want to help?**

**How do you want to help?**

**What are you passionate about? And how can you apply this passion to your purpose?**

**How would you like your life to look different?**

**When I was a child, I wanted to be:**

**When I was a child, I always loved to:**

**The activities that I love now are:**

**I shine when:**

**I excel at:**

**What I do effortlessly is:**

**I keep being drawn to:**

**I seem to be in the business of:**

**My higher purpose is:**

**#2.) After answering these questions, start dreaming.**

The best time to dream is that time between sleeping and waking. Just let your imagination flow and explore what you want in life, what would make you happy, what would fill your heart?

**Get a journal and jot things down, doodle or just put the pen to paper and start writing. Set your Intention to Dream Big!**

**#3.) Start looking around the world...and look at the people in your world.**

- Who do you know or who do you know *of* who appear to be living their Life Purpose?
- Who are the people doing the work or living the lifestyle which you imagine would be fulfilling for you?
- How can you talk to these people to find out what their work or lifestyle entails?
- What do they enjoy and not enjoy about their work or lifestyle?
- What kind of training/preparation is necessary to do that kind of work, live that kind of life?
- What is the opportunity available in doing that kind of work, living that kind of lifestyle?
- Is it worth it to you to do what would be required to make the changes necessary to do that work or live that lifestyle? Is it possible for you?
- How can you make your current career and/or lifestyle more fulfilling?

*(I remember at one point in my life, I was at a counselor's office and she asked me what I would truly like to do in my life. I looked at her sitting in her chair, a candle burning, a bookshelf filled with interesting books, many of which I already had read. She was helping me find my way, making a difference in my life. Suddenly it was clear. I said to her: "I want to do what you're doing." And now I am!)*

**Look around. Who is doing what would be fulfilling to you? Do you need a career change or do you simply need to add fulfilling activities to your life? Explore options of how to change your life to bring more fulfillment. Find a sounding board, someone to bounce ideas off. Get creative!**

**#4.) Dream about your life in the future...maybe 5 years from now. Create a Vision of your future life by asking yourself these questions. WRITE your impressions:**

What do I want in life? What is my Ideal Lifestyle? Where do I live? What am I doing? With whom? **What is my Ideal Average Day?** What do I see when I wake up? Who am I with? How do I begin my **Ideal Day?** Then what happens? Where am I? Then what happens in my **Ideal Day?** Then what? What am I seeing? What am I hearing? What am I doing? How am I thinking? How am I feeling?

*(I recently found a box of old journals and notes from workshops including this very exercise from about 15 years ago when I was living a fast-paced life in Seattle, with lots of job-related travel. What I wrote then about my Ideal Average Day is exactly the life I am living now (or was before the coronavirus)!*

**Creating a Vision is so powerful! It gives your brilliant unconscious mind, which is always working for you to manifest your thoughts into reality....a Roadmap to create what you want in your life.**