

Find your Life Purpose

Knowing your purpose gives meaning to your life. It defines what you do and what you don't do. It becomes the standard you use to evaluate which activities are essential and which aren't. Experiment with living with a purpose, on purpose, moment-to-moment.

Start by creating a succinct statement about what your strengths are and how they contribute to the world. You can write several different versions of your life purpose. Later you can select one statement or combine several statements.

1. Ask yourself some of these questions. They will remind you of the gifts and talents you have been given by God & the Universe to use.
 - a. What do you naturally do well?
 - b. What kinds of work/activity makes your heart sing?
 - c. What work is very meaningful and satisfying to you?
 - d. What do you naturally bring to groups or activities?
 - e. What kind of work often calls to you?
 - f. What would others say drives your life?
 - g. What do you want to be remembered for?
 - h. What gives you hope?
 - i. What deep yearning do you have in life?
2. You can state your life purpose as a discovery statement or an intention statement.
 - a. I discovered that my purpose is to ...
 - b. I intend to ...
3. Once you have drafted a purpose statement, sit with it awhile.
 - a. Is it large enough to energize you and give you meaning?
 - b. If it excludes important things you want, revise it to create a bigger "umbrella."
4. Here are some sample purpose statements:
 - a. My purpose is to always sow good seeds and spread joy.
 - b. My purpose is to dramatically contribute to the quality of life on earth.
 - c. I intend to become financially independent and raise happy, healthy children.
 - d. I intend to live in harmony with all creation.
 - e. My purpose is to be a healing presence in the world.
 - f. My purpose is to promote the well-being of my family.
 - g. I intend to seek to release suffering and serve others.
 - h. My purpose is to serve.
 - i. My purpose is to be loved and loving.
 - j. I intend to promote evolutionary change and be a catalyst for growth.
5. Besides writing a purpose for your life, you can write a purpose for each aspect of your life—your family, your career, your projects at work, your volunteer work, your vacation, or anything else. Ask,
 - a. What do I want from this relationship?
 - b. Why is this project important to me?

Now get proud of your purpose. Share it with others. Show appreciation for the gifts you have been given by using them well!