

LIFE PURPOSE

FIND YOUR TRUE PURPOSE

*A workbook designed to help you discover
and start living your life purpose*

Exciting Things

Often, our purpose in life is hidden in the things that excite us, but we don't explore them enough. It is important not only to identify what sparks our interest, but also to invest in these things and see where they take us. And believe me, they can take us to beautiful and unexpected places.

CHILDHOOD DREAMS

You do not necessarily need to follow a childhood dream unless it remains your dream to this day. Even if you do not aspire to live one of your childhood dreams, there is valuable information behind them. List your dream professions as a child and then ask yourself what excites you about each of these professions. This is the important part. This is where you can find hints about your life purpose. So, what excites you about each profession? Is it the fact that it involves building something? Is it the fact that it involves helping others to feel better? Is it the fact that it involves talking to people? What is it that excites you?

DREAM PROFESSION	WHAT EXCITES ME

MY PASSIONS

Take some time to reflect on the activities you enjoyed doing when you were little, what you love to talk about and the things you enjoy doing so much that you lose track of time. This will help you identify your interests and passions. The big difference between these two is that behind a passion there is a feeling of being expanded and energized. It's okay if you can't still tell them apart. List them all below.

WHAT DID I LOVE TO DO DURING MY CHILDHOOD? WHAT WAS EXCITING FOR ME?

WHAT ARE MY FAVORITE TOPICS? WHAT CAN I TALK EFFORTLESSLY ABOUT?

WHAT I LIKE DOING SO MUCH THAT I LOSE TRACK OF TIME? WHAT MAKES ME FEEL REALLY GOOD AND ENERGIZES ME?

INVESTING IN MY PASSIONS

Now that you've identified your interests and passions, list your top 3, and answer why each makes you happy. There is always a 'why' behind each passion and is the 'why' that keeps us motivated even when things get tough. Then, think about how you can invest in each passion. Can you learn about it online? Can you read a book about it? Where can you find a mentor who's going to make you incredible at it? Your life purpose may unfold from one of your passions. So be sure to explore each one as much as you can. This is even more important if you are a multi-passionate person.

MY PASSION	WHY MAKES ME HAPPY	HOW TO INVEST IN IT

FOLLOWING MY CURIOSITY

If you feel lost and cannot identify your passions, follow your curiosity. Feeling lost is not a bad thing. It is an opportunity to rediscover yourself. Simply ask yourself what awakens curiosity in you and follow that. See where it will lead you next. And, if you have already identified your greatest passions, follow your curiosity as well. Following a curiosity never explored may lead you to a new great passion. What's something you would love to know more about? What's one thing that you would love to learn? What's one hobby or activity that you have been wanting to try? List your curiosities below and start exploring them.

FIRST STEP TO EXPLORE A CURIOSITY THAT I HAVE

Soul Gifts

Soul gifts are the gifts your soul was given that make you the perfect candidate for the purpose you're meant to live. They are basically your talents and strengths. Let's identify and explore them to the fullest.

MY SOUL GIFTS

We all have a natural tendency to keep the focus on our weaknesses and somehow overlook our talents and strengths. It's time to change that. We must learn to value our talents and strengths and see them as real soul gifts. They truly are. Answer the questions below to identify your soul gifts. Just a little disclaimer before you start, this is not about feeling superior to others, but about valuing who you are. We all have strengths as well as weaknesses.

WHAT DO I NATURALLY DO BEST? WHAT COMES EASY TO ME?

HOW DO I USUALLY HELP PEOPLE AROUND ME? HOW DO I SUPPORT OTHERS?

WHAT HAVE OTHERS TOLD ME THAT I AM GOOD AT? WHAT DO PEOPLE USUALLY COMPLIMENT ON ME?

CHALLENGING MY SOUL GIFTS

Now that you have identified your soul gifts it's time to explore them to the fullest. Despite being soul gifts, there's always room for improvement. List your top 5 below and challenge each one. What can you do to take each soul gift to a higher level? Brainstorming about this will give you a sense of direction about the next step to take. You may be surprised at the way your life will turn around, just because you challenged your soul gifts.

MY SOUL GIFT	MY CHALLENGE

Pain Points

For some people, their life purpose is directly related to a challenge they overcame in life or a subject that deeply touches them. It is as if the pain moves them. Let's pay attention to the challenges you overcame and the subjects that irritate you because there is great information in there.

BEHIND PAIN

Take some time to reflect on the pain points of your life and discover the hidden messages behind them. What challenges did you overcome or continue to fight? How did these experiences shape the way you see life? Do you somehow feel the need to talk about it and help other people who are going through the same? What about subjects that deeply irritate you? Do you feel the need to find a solution for them?

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Aspirations

Sometimes we are so distracted by what's happening around us and limited by the dialogue inside our heads that we don't see the hidden messages that reflect our biggest hopes and ambitions. Let's remove the clutter so that we can clearly see our real aspirations.

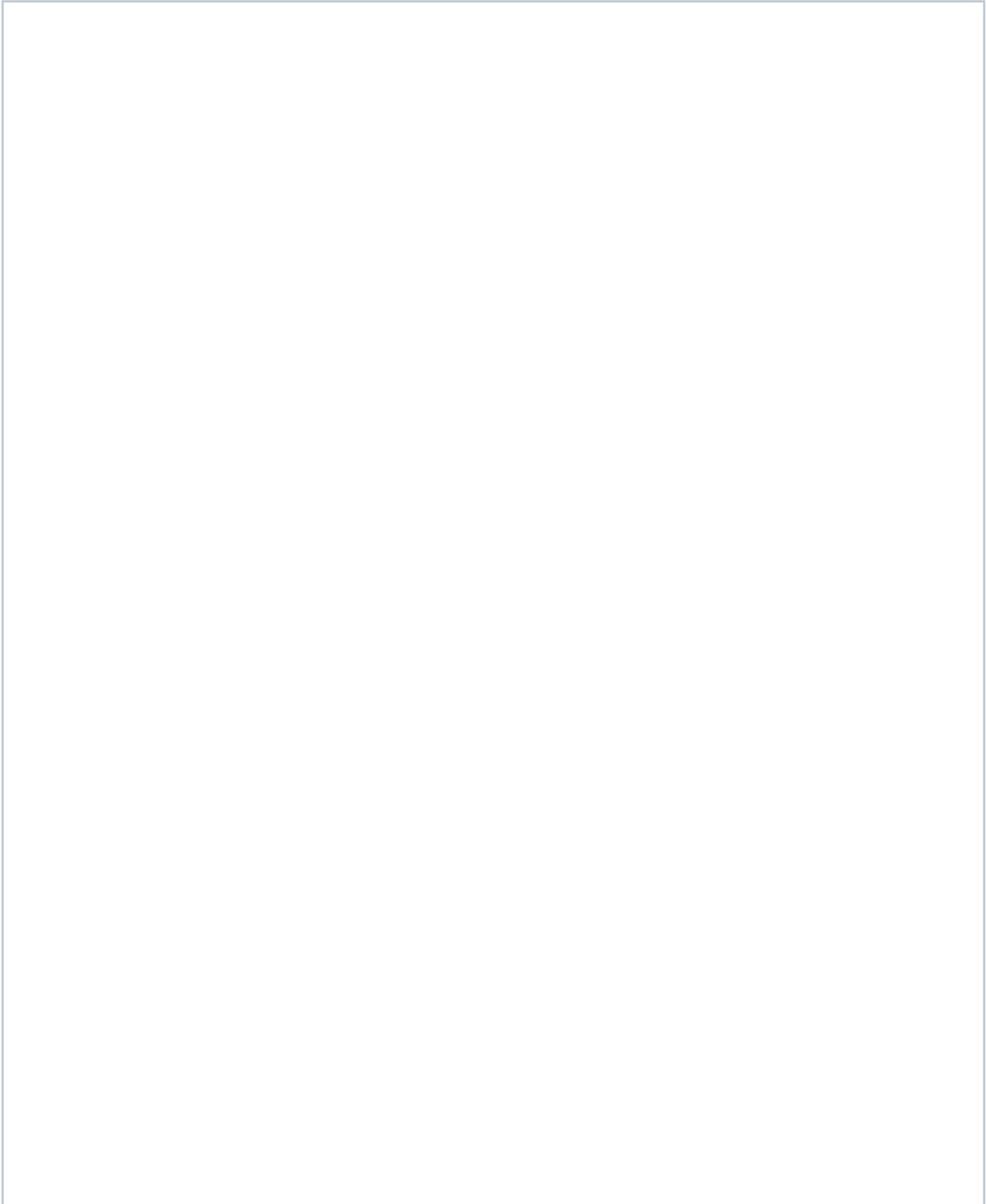
MY INSPIRATIONS

Who inspires you? Recognize who your inspirations and role models are and describe what you admire so much about them. They don't have to be famous people. They can be real people in your life or someone you follow on social media. In the end you will have a list of characteristics and qualities that you already see in yourself or, deep down, want to cultivate. Use a marker to highlight the characteristics you want to cultivate and choose one to begin. This may be the missing key you need to start living your life purpose.

WHO I ADMIRE	WHAT I ADMIRE

REMOVING ALL BARRIERS

The three biggest barriers we place on ourselves are the lack of time, the lack of money and the fear of not being successful. It is worth reflecting on what we would do if none of these barriers existed. Help us to see things more clearly and can give us insights about our purpose in life. What would you do if you had the time to make it happen? What would you do if money were not an issue? What are some things you might try if you had a guarantee of success? What would you do if you had no fear?

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UNFULFILLED DESIRES

What advice would you give to your younger self? Would you advise a different path in terms of education for example? Is there any passion you abandoned and regret today? These answers will show you your unfulfilled desires so far, which can help you clarify your purpose in life.

MY LEGACY

The idea of leaving a legacy is the need or the desire to be remembered for what you have contributed to the world. If you had to share one message or lesson with the world, what would it be and why? When the day of your funeral arrives, how do you want to be remembered? What do you want people to say about you? Reflecting on these things can help you not only find your voice, but also make your days more meaningful.

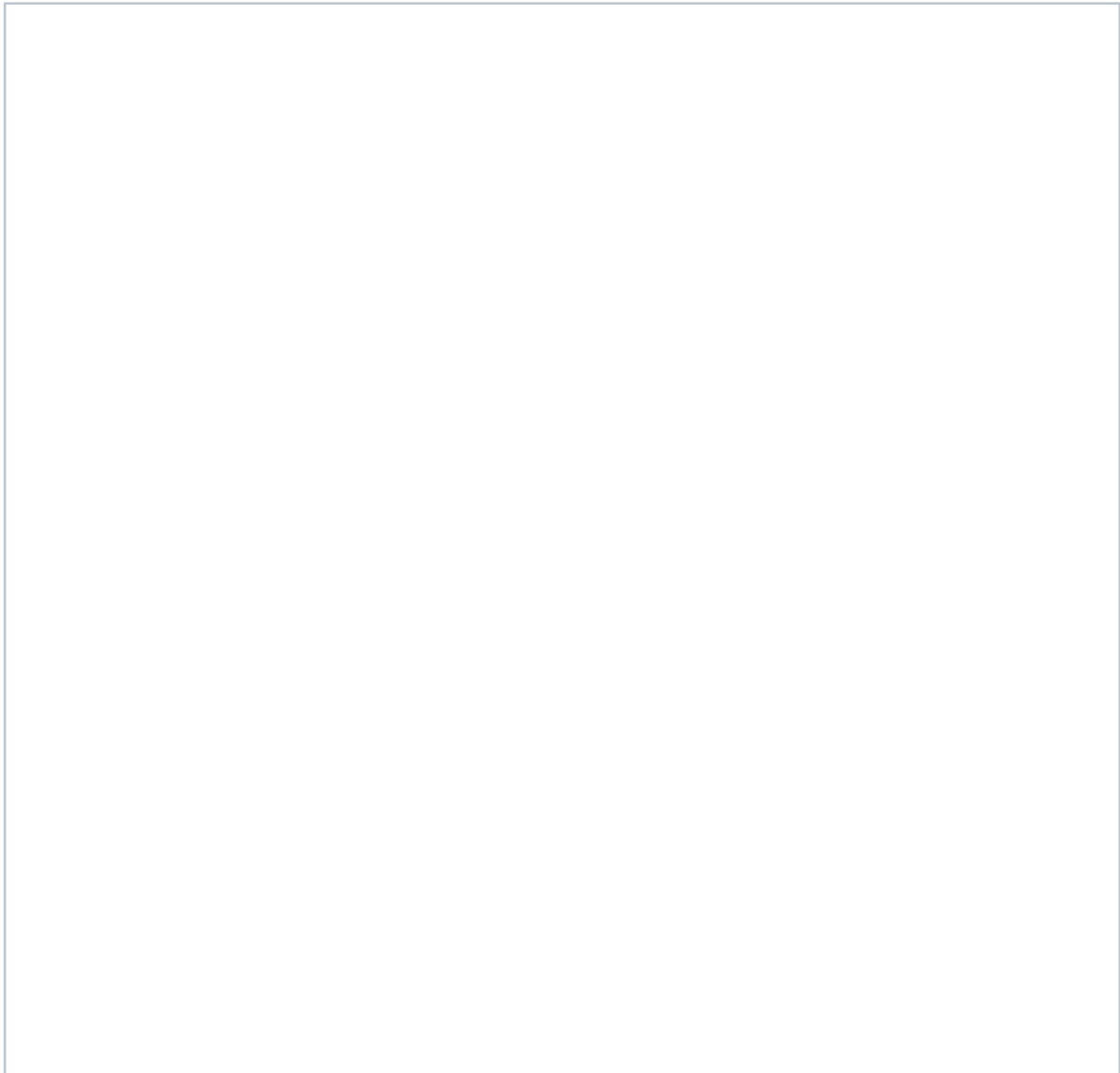
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Sense of Direction

After all this thinking, it's time to identify the commonalities and see how you can start living your life purpose. Remember that it's important to understand the direction you are heading but remain agnostic as to the route. Don't try to plan all the steps from now. Trust that things will unfold over time.

COMMONALITIES

Are there any themes? How does it all relate? What commonalities do you find between your passions, soul gifts, pain points and aspirations? This reflection may generate many ideas. Choose the one that attracts you the most and test it. Often, only when we try something we can understand if it's really for us. Also, don't get attached to a single idea. Your life purpose can be a combination of different things and may even change over time. It's completely normal.



THE IDEA THAT I WILL TEST FIRST

WORLD DEMAND

How can you use your passions, soul gifts, pain points, and aspirations to improve the world around you, help others, and make a difference? Don't be intimidated by this question, just write down whatever comes to your mind. Everyone has a life purpose, but not everyone lives that purpose as a career. So, don't try to convert your purpose to a career if it doesn't make sense to you. It doesn't have to become a career to be noble and important. There is no right or wrong way to live your life purpose.

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VISION BOARD

Gather a group of images that represent the direction you are heading. Images that symbolize how you want to feel when living your life purpose. Images that inspire and motivate you. You can even select some inspirational quotes. Cut them out of magazines or print them and glue them together on a piece of cardboard. When it's ready, take some time to journal about why you chose each image and how it makes you feel. The feeling behind a vision board is particularly important. It helps us to visualize and manifest the reality we want for ourselves.

