



Finding your purpose in life

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Foreword

There are many different people in this world. The amazing thing is the fact that each one of us has our own specific purpose in life that we are supposed to fulfil. It is very important that we find this purpose and live it. This is the key to true happiness. No matter how much money you make or how much power you may have in your current career position, it will not lead to true happiness unless it is your purpose in life. Many people think that money is the key to being happy, this is not the case! In fact, money can often times actually cause more problems in a person's life. The real key to unlocking true happiness and a sense of being content is finding your calling or purpose in life.

If you do not take the time to discover what your lives calling is you will likely live a life where you constantly feel as if something is missing. You will feel as if you have a void space within. This void space will begin to become larger and larger over time until you discover what your true purpose in life is.

You may be unsure of what your true purpose in life is and this is very understandable. With all of the different types of careers and life paths that are available to take it can be very difficult to determine what your true purpose is. It will take some effort and some determination but it is definitely possible and once you discover your purpose you will see your life in a whole new light.

The following chapters in this book will go over the importance of discovering what your life's purpose is. It will discuss some important topics pertaining to discovering your purpose and will offer some tips that should help you on your journey.

Purposeful Living

Finding Your Purpose in Life



Chapter 1:

Purposeful Living Basics

Synopsis

If you are currently in a successful position and have nice things but still are not happy with your life, it is probably due to the fact that you are not living out your life's true purpose. Before we were brought into this world there was a specific purpose that was put into our life's plan. Your conscious and spirit will not be able to rest until you have fulfilled this purpose for your life. It is very important that we discover this purpose and learn how to live our lives in a way that will serve it. After all, everyone's life comes to an end, would you rather be able to rest in peace when the time comes knowing that you found your purpose in life or would you rather go not ever knowing what your purpose was and never feeling complete?

Finding your true calling can be a somewhat difficult task for some people because they do not know where to begin. If you are one of this people, do not worry because you are not alone. It is actually pretty common for people to be unsure of what their true calling in life is. However, you should begin trying to discover your purpose in life as soon as you can. As stated before, it is the only way to feel true happiness.

The following chapter will go over the basics of finding your true purpose of your life and will provide you with some guidelines that will help you in the process of discovering what your calling is.

The Basics

Are you a person who feels happy every day when they wake up and feel like everything is going great in life or are you a person who feels like something is missing but you cannot quite put your finger on it? If you are the latter it is more than likely because you have not yet discovered your true purpose in life. Living your life in a way that serves your purpose is extremely important if you wish to be happy. Those who do not find their true purpose often find themselves wandering through life with no real sense of direction or reason for being here. They will also have a hard time becoming motivated and no matter what goals they accomplish, they will still feel a void deep inside their body. All of these negative effects of not finding your life's purpose can be damaging to your emotional health and can slowly dwindle down your drive to succeed in life.

Do not feel alone if you have not yet discovered your purpose in life because there are many people who are just like you. The reason for this is likely due to the fast pace of today's everyday life. It seems as if there is less and less time to take for yourself from day to day. It can be easy to find yourself going to a job that you do not like and feel meaningless doing because like everyone else, you have bills to do.

The first step to discovering yourself and what your purpose in life is you are going to have to set aside some time for yourself, no matter how difficult it may be to find time.

It is important to keep in mind during the process of trying to discover your life's purpose that your purpose may not necessarily be on that is full of wealth, it may actually be something that requires you to make sacrifices. These sacrifices will pay off in the long run however and your life will surely become blessed. No amount of wealth or material objects that you are able to accumulate during your life will ever be able to provide you with the happiness that you receive from discovering what your purpose in life is. Once you discover your purpose you will no longer feel such a desire for money and material objects because your purpose will fill the void that you have on the inside.

There are a few things that you are going to have to do in order for you to discover the purpose that was laid out for you. As mentioned before, one of the things you will have to do is learn how to set aside time for yourself so that you can think and not be disturbed.

You need to find somewhere quiet and free your mind of all distractions if you want to be able to communicate with the inner-you and receive a response on what your purpose is. Keep in mind, you may not receive an answer right away and your answer may not be as obvious as you would like it to be. You need to pay attention to the signs of the universe and see what clues they give you.

Another thing that you need to do if you want to discover your purpose in life is learn how to get out of your safety bubble. Many people learn to put themselves in a bubble in order to shield them from certain things in life.

The problem with this is the fact that this bubble often times keeps out more good things than it does bad. Putting yourself in a bubble forces you

to fall into a routine and does not offer you the opportunity to venture out and discover what your purpose in life is. Living in a bubble can also eventually lead to people settling for the way their life is, even if they are not content or happy. This is because it can feel more comfortable to stay in the bubble rather to venture into the unknown and discoverer who you truly are.

You will likely feel uncomfortable when you first venture outside of your safety bubble and that is quite normal for people to experience. This is due to the false sense of security that their safety bubble has gotten them used to. Just as with anything else in life, practice will make it much easier to stray from your bubble.

Remember, even baby steps are still progress. No one is telling you to go out and change every element of your life in one day, in fact that would be a terrible idea. If you want to be able to discover the true purpose of your life it will take a little time but the first place to start is leaving your bubble. Meet new people, try new things and discover who you are. Chances are that there are many things in life that you have no idea that you would be interested in or very talented with. Ditch the bubble and begin to really live life!

Chapter 2:

What is Your True Calling?

Synopsis

Have you ever met a person or know a person who seems like everything just falls to place in their life. Chances are that you have and it is likely that you have wondered to yourself why their life is so great and why they always seem so content and happy. The answer to this question is actually quite simple. These people have put the effort forth to find their true calling in life. These people are so happy and content because their lives are flooded with meaning and purpose. The empty void that is left behind by wandering through life aimlessly is filled and everything in life seems to be brighter, figuratively speaking. Even when these people face hard times they are able to accept it and deal with it in a much more effective manner because they know that it is somehow tied to their purpose.

There are countless things that an individual can choose to do with their life so it is very understandable that many people are lost and do not know where to begin when it comes to finding their true calling. It is important that you are aware of the fact that there is much more to discovering what your true calling is in life than just simply asking yourself, "what do I want to be when I grow up?" Discovering your true calling in life is actually a very serious and in-depth process.

Discover Your Calling

The following chapter will go over the importance of finding your true calling in life and will also provide you with some questions that you should ask yourself. These questions will help you to narrow down what your true calling is and will make the whole process much simpler for you.

If true happiness is what you are seeking in life, it is not more money that you need or to become more popular. You need to discover what your true calling in life is. For some people this may be easier than for others and in fact, some people may never discover what their calling is in their entire lifetime. These people will often times feel incomplete and will feel as if their life was a complete waste. Your life is a precious thing and it should not be wasted.

You need to discover what your true calling is not only for yourself but for the better of the world as a whole. Your life plan includes this calling for a reason. Believe it or not, everything you do has a direct impact on the entire world. This is referred to as the ripple effect. The first ripples will be small but as they go out they get wider and wider. The same goes with your actions and what you choose to do with your life. If you do not discover your true calling you will not be able to project out those positive ripples and therefore will not fulfill your life's plan.

The following are some guidelines that you should consider as they will make the task of discovering your true calling much easier.

- **Stay in the Present**

While trying to discover what your calling in life is it is extremely important that you make sure that you keep your mind in the present. Do not focus on the future. Everything we do today will affect our future and that is why it is so important that we are always focused on the here and now. Life is lived one second at a time so there is no reason to stress about five years from now.

- **Try Different Things**

As stated earlier, you have to get out of your comfort zone or your “safety bubble”. Staying in your comfort zone will not give the opportunity to try new things. The problem with this is the fact that you will never be able to discover what your true calling is if you do not ever get the opportunity to try it. You should start trying as many new things as you can. Even if you do not think you will like it or be good at it, give it a shot because you never know until you try.

- **Challenge Yourself**

You will definitely feel like what you are doing with your life is purposeful when you are constantly challenging yourself. Falling into a desk job where you do the same repetitive boring tasks every day is probably not anyone’s true calling in life. However, some people may still have to hold down a job while they seek out their true calling in life. For these people it is important that you constantly challenge yourself and that you use your extra time as a way to seek out and fulfill your true calling in life.

- **Ditch Your Current Life Plan**

Chances are that the life plan that you had set in place for yourself did not include your true calling, especially if you are still trying to discover what your true calling in life is. You may want to consider just letting life flow and learn how to let the universe guide you through your life. As stated before, your life is planned before you are even born. The universe will tell you where to go, you just have to listen.

- **Live Your Own Dream**

Learn how to live and create your own dreams. Do not look at others and envy them for what they have or wish that you could have their life and their blessings. You need to figure out what your true desires are in life and what you truly want. By this I do not mean material objects, I mean what you want from life and what you want your life to be. Stop trying to live someone else's dream and start living your own!

- **Talk to Those Who Listen**

Share your dreams and desires with those that you trust and listen to what you are saying. Also try and speak with people who offer real feedback and ideas and stay away from those who simply agree with what you are saying or give you one word responses. Other people can have some very valuable insight, especially the elderly so it may be a good idea to ask them for advice on discovering your calling in life. They may notice talents that you have that you are not aware of.

Chapter 3:

Using Your Intuition to Find the Right Career

Synopsis

There are countless different career choices and the task of narrowing down their career search to discover their purpose in life can be quite overwhelming. This process is going to require the use of some tools. Within these tools you are going to need a very well put together resume. You are also going to need to have a strong set of professional and personal references which is something most of us know. But something a lot of people do not know is that within this tool bag needs to be a strong intuition.

Your intuition is always present and is always trying to communicate with you on a subconscious level. It is up to you to listen to your intuition. Your intuition can be thought of as a life guide. It is your inner spirit and it is there to try and help you find your purpose during your journey through life.

The following chapter will go over the basics of using you intuition to find your purpose in life as well as the right career for you. It will also go over some of the signs to watch out for when you intuition is trying to send you a message.

Listen to Your Intuition

As stated before, our intuition is constantly trying to communicate with us and give us guidance throughout our day. The only problem is that many people choose not to listen to their intuition. Keep in mind, your intuition is not an actual person speaking to you but rather a feeling that you get in your body. I know everyone has experienced a situation where their intuition was trying to tell them now to do something and they did it anyways only to receive negative consequences.

There is a reason why we were designed to have an intuition. The reason is that your intuition is meant to serve as your guide through life and is meant to keep you on the correct path towards finding your calling or purpose in life. That is why it is so important that you learn how to listen to your intuition and learn how to block out outside influences.

Some people will have to find their true calling in life outside of their career while others are lucky enough to have a set of skills that will allow them to find their purpose within a profession. These people, as with everyone else, will have to learn how to listen to their intuition when making a career choice if they plan on fulfilling their purpose in life.

One of the most common signs that your intuition is trying to speak to you is that feeling of butterflies in your stomach or feeling nauseous. Your intuition is sending you this message to alert you that there is something to be aware of. For example, if you feel your intuition trying to speak to you during a job interview there are probably some things you should look into before you accept the position.

Do not be one of the people who choose to go through life ignoring their intuition. If you ask these people later down the road if they regret the choices they made they will almost surely always say yes. Learn how to be more open to your intuition and listen to the messages that it sends you because they will surely lead you in the right direction to finding your true calling.



Chapter 4:

Serving Others

Synopsis

When you are trying to discover what your purpose in life is, one great place to start is serving others in your community whenever you get the chance. This will have a very positive affect on your life as your mindset. As well, your good deeds will be rewarded in the long run because as everyone knows, what comes around goes around.

You may be wondering, how will serving others help me to discover the purpose or true calling of my life? Well it does, believe it or not. Serving others teaches you to be more open to the world and less centered on yourself and this is very important when it comes to discovering your life's purpose.

The following chapter will go over the importance of serving others and how it relates to you discovering what your true calling and purpose in life is. It will also give you a few ideas of different way in which you can give back and serve your community.

Give Back

Learning how to care for others is very important. Many people have a hard time understanding that there are other people in this world that matter other than themselves. More often than not, these people go through their entire life without ever discovering what their purpose of true calling was in life. This is because they let selfishness get in the way of their heart trying to lead them to the path of true happiness.

What a lot of people do not understand is the fact that in most cases, your true calling will in one way or another be designed to help others. This is more or less why this role in life was designated as your calling, it was designed to make society function and to help other people. In one way or another everyone's life purposes are meant to better the world and that is why a person will feel so dissatisfied or incomplete when they do not discover their purpose and fulfill their calling.

Serving your community can be a great way of getting rid of selfishness and learning how to give back to the world. There are many ways in which you can serve others and many of them do not involve having to make donations. It is important that you always keep in mind that there is always someone out there who has it worse than you and that you should appreciate your blessings.

One thing you may want to give a try is volunteering at a food kitchen for the homeless or needy. These places are always in need of volunteers and will be happy to welcome you. You can go around these places and ask the other volunteers how their life is and they will certainly say that it is

blesses. As well, many of them will surely have found their purpose in life through doing things for the community and learning how to open their heart and care for others.

When you discover your purpose and you begin to better the world you will be amazed by the sense of joy and happiness you feel, it truly is an amazing experience but you will never know if you don't get out there and find your purpose.



Chapter 5:

Are You Living Your Beliefs?

Synopsis

Your beliefs are very important and if you are having trouble trying to determine what your life's purpose is you need to ask yourself if you are living by your beliefs. This is because your beliefs will be strongly related to what your life's purpose is. At the same time, some people may have negative beliefs towards certain things and this type of thinking will need to be changed before they will be able to discover their purpose in life.

The following chapter will go over the importance of living by your beliefs and how they relate to you discovering what your purpose is in life.

Stay True to What You Believe!

Most people have very strong beliefs and it is important that they live by these beliefs if they want to discover what their purpose is in life and live a life of true happiness. One of the best things about having strong beliefs is the fact that they produce a sense of passion. Passion is very important when trying to discover your true calling because your purpose in life will involve something that you are very passionate about.

Pay attention to what you are passionate about and consider what your beliefs are. Take all of this information and write it down. Now you want to start thinking of fields of professions that would allow you to stick to your beliefs while letting you be in an environment that you would be express passion in. This would typically be your dream job or what some people would call their purpose in life.

You will notice that this career does not feel like you are going to work every day. You will wake up with a smile and be thankful for the fact that there is purpose in their life and they are doing something that will actually make a difference.

Your line of work needs to relate to your beliefs if you want to feel like to have purpose. Doing something every day that contradicts your beliefs will surely eventually result in you straying far from your calling and living a life of no direction and no motivation.

Chapter 6:

What are Your Talents?

Synopsis

Your life does have purpose and you do have a true calling. You just need to find it and one of the best places to start is by analyzing what your beliefs are. Remember, beliefs create passion and passion creates drive and drive creates purpose. Put the cycle to work and start determining what your beliefs are right away!

Discovering what your talents are is a very important step in trying to determine what your purpose is in life. This step will require you to analyze yourself in detail. It is important that you are honest with yourself during this step. Lying will not do you any good. For example, do not make yourself believe that you are good at something that you truly are not or vice versa.

I'm sure that you have many talents but this step is more about discovering talents that will help you to better the world and add meaning to your life. By this I basically mean that it is not so much about being able to hold your breath for a long time or being able to do a hand stand. It needs to be serious talents and skills, the type that can be used to help people or provide you with career opportunities.

What Are You Good At?

The following chapter will go over how important your talents are when it comes to your life's purpose and will provide you with a few tips to help you discover some talents you may have not known about.

Discovering every last one of your talents will likely be a process that will take you a conservable amount of time. Even though it can be quite time consuming it is very important that you discover all of your talents if you want to discover a way to add purpose to your life.

In order for you to feel like you are living out your life's purpose you are going to have to be happy while you do what you do every day. In order to ensure that you are happy you will have to make sure that you will be good at whatever it is that you will do and you will have to make sure that it is a good fit. This does not mean that you should not challenge yourself to new things but it does mean that you need to know where to set your limits and to be realistic with yourself.

Each person has their own individual set of talents and skills and each person also has their own individual purpose or true calling in life. The thing is, these two things are very closely connected and your talents will surely have something to do with your purpose in life. Remember, your life was planned before you were born so you were born with a certain set of skills and talents for a reason.

Do not put your talents to waste and leave them undiscovered. Not using your talents to your full potential can have some seriously undesired

results, the worst one of them being never discovering and fulfilling your life's purpose.

The reason why it feels so natural when you are good at something is because it relates somehow to something you are supposed to do in life. Sometimes the signs may not be so obvious, but if you look at things from a different view you will be able to see how your talents can lead to a purpose in your life.

Once again it is very important to keep in mind that your life's purpose may require you to do something that you are not that good at quite yet. That is okay because with enough effort and determination you can surely master any skill. Ask the best of the best of anything, they had to practice to become that good and now they are living out their life's calling and experiencing true happiness.

Wrapping Up

Discovering your true calling and purpose in life will likely be a journey that is not completed over night. It is important that you keep yourself motivated and that you never give up the search. You have a purpose and your true calling is out there somewhere, you just have to go out there and find it.

Keep trying new things and meeting new people and sooner or later you will surely be presented with an opportunity that allows you to live out your true calling in life. As mentioned before in this book, get out of that bubble!

When you do discover what your true purpose is in life it will not be something that you are unsure of being your calling. It will be immediately obvious that you were meant to do it as soon as you discover it and you will feel yourself flood with a sense of relief.

Trust me, when you do discover your purpose in life and you begin living your life by it you will be amazed by how much better everything gets. You can think of it as a foundation for your happiness. Without purpose you will never be able to fill that empty void and it will continue to eat away at you. Fill the void now and discover your purpose, it is waiting calling your name!

I really hope that this book has been helpful for you and has given you some new insight on discovering what your purpose in life is. I thank you for your time and I wish you the best of luck!