

Ways to uncover your life's purpose

April 2015 Newsletter



Do you ever wonder why you're "here"? What do you want to accomplish in your life? What are your deepest hopes and dreams?

We're often so busy with day-to-day life that we don't have time to contemplate some of these questions.

Do you have higher goals?

Not everyone can be Gandhi, Mother Theresa or Martin Luther King. Yet we're all capable of doing something that makes some difference in the world. We can all leave a mark. The first step is to discover what we'd like it to be.

Questions to help you find your way

These questions may help you start to get in touch with your purpose and passions:

- **When you were growing up, what did you love to do?** Did you have to leave your childhood interests behind for "more serious" things? Do you still dance, draw, collect items or do any activities you loved as a child? Some of those passions may be important clues to the "real you."
- **What makes you lose your sense of time?** Are there activities you do that make time fly by? Can you lose yourself in reading or painting or writing? Can you get so involved that you don't even realize that an hour or more has gone by?
- **If money were no object, what job would you be doing?** Take away the pressure of making a living. What would you do? Consider trying some version of your ideal job. Maybe volunteer or see if you can shadow someone who does what you think you'd like to do.

- **What really "gets to you?"** Are you a people person, an animal lover, a wine collector, a cook or an outdoorsy type? What causes your heart to race a little faster: The idea of helping feed hungry children or preserving nature? Again, these are clues to ways you can make a difference.

Try out your passion and purpose

Here are some specific steps to help put your inspirations into action:

- 1. Give it a try.** It's easy to make excuses for not trying things. You might say, "I'm too busy," "It's too much money" or "I don't have the time." The list goes on and on. If you really want it, give it a shot.
- 2. Stop thinking. Start feeling.** Another obstacle to finding your passion is thinking about it too much rather than sensing it in your gut. Falling in love with a purpose is about feeling, not thinking.
- 3. Don't judge yourself.** Are you a perfectionist? Do you tend to judge yourself harshly? Suspend that behavior for a while. Give yourself permission to try something and, perhaps, not succeed. Instead, be grateful for the experience. Focus on what you learned rather than whether you won or lost.

Getting to know yourself pays off

You may feel you're very satisfied with your life, work and relationships. That's something to be grateful about for sure!

If so, save the questions and tips above in case there comes a time when you want to go further in exploring how to "make your mark." The more you experience in life, the fuller your bucket will be!