FINDING YOUR ‘SPARK’…’PASSION’…PURPOSE

“Purpose is your reason for being, your answer to the question, “Why do I get up in the morning?” It is the core that helps us find the aliveness in all our day-to-day experiences.”

You use your purpose to set your course in life. It’s the qualities around which you center yourself. Without a clear sense of purpose, you are at the mercy of shifting terrain of the outside world. Having a purpose, though, enables you to define your direction and then direct your way there.

\[(\text{Your Talents} + \text{Your Passions} + \text{Your Preferred Environment}) \times \text{Your Ideal Vision of Life} = \text{Lifestyle Rich in Purpose}\]

How to Discover Your Life’s Purpose

The first step in discovering your life’s purpose is to believe there is a purpose to your life. The second step is to keep asking what that purpose is. Nothing is going to drop from the sky announcing a grand purpose for your life. That is something you get to decide. You’ll discover your purpose when you put the unique puzzle pieces of your life together in a way that makes sense to you.

1. When living on purpose you are living from your center, your spiritual core/you are somehow connected to God.
2. Living on purpose requires you to discover what makes you unique; talents, passions and values.
3. Living on purpose requires you to leverage what makes you unique for the sake of serving others / making the world a better place.
4. When you live on purpose, your life will be filled with meaning and joy.
The following seven questions will assist you in discovering and articulating your passions.
(Be as descriptive as you'd like.)

1. What do I most often give to others?

2. What do I have the most fun doing?

3. What do others look to me for?

4. What am I most often complimented on?

5. What do I do where I lose all track of time?

6. What do the people closest to me say my passions are?

7. What ideas, things, places and/or people am I most inspired by?

‘We are not prisoners of our past...we are products of our past...our future lies in our hands.’