



New Perspective...New Growth

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.

(Your Talents + Your Passions + Your Preferred Environment) x Your Ideal Vision of Life = 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.

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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.'

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