

Find Your Purpose – What you were put here to do

How alive do I feel on a scale of 1 – 10, 1 being barely alive, 10 being 100% alive:

What would make you feel even more alive?

What inspires and motivates you?

Identify the occasions when you feel really happy and reflect does this point to your purpose in life?

If you were to put 3 words on a business card that summed up what you were about, what your purpose was, what would they be?

What did you love doing as a child?

What are your particular strengths that others look to you for?

What are your interests, what do you love doing? What is your passion, the thing you most like to do? The thing you do where time slips by and you haven't even noticed?

What would you be doing if there was no possibility of failure?

Set aside some time to meditate, sitting still for even 10 minutes, to get into the answers in your heart, go into the meditation with that intention. Write down any insights from this.

What do you think your life purpose is? State it as a mission statement, why you are here, what it is you are here to do.
