

# DISCOVERING & LIVING *Your Purpose*

Discovering your purpose is one of the most important things you'll ever do.

As Mark Twain said many, many years ago: The two most important days in your life are the day you are born and the day you find out why."

What is your purpose?

It's why you get out of bed in the morning. It's your reason for living.

When you discover that, your life really begins because it gives each day real meaning.

Below are 5 steps for discovering and living your purpose.

## STEP 1: MAKE A LIST

Set aside 15 minutes or more and go to a place where you won't be disturbed. Have a pen and this sheet (or another piece of paper) handy.

Ask yourself, "What do I really love doing?" Or you may ask, "If I could spend my life doing one thing, what would it be?"

Since you don't ask yourself these kinds of questions every day, it may take a while for answers to come to the surface. Just sit quietly and wait.

When something comes up, jot it down without judgment and continue to sit to see if anything else comes to mind. When the allotted time is up, save what you've written down and build on it the next day.

You may have to do this each morning for a week or more. That's okay. Getting in touch with the things you love to do may be one of the most important things you ever do.

Create a master list below (use an additional sheet of paper if necessary):

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## STEP 2: CHOOSE ONE



When you feel there's nothing left to add to the list (whether that's after a day or two weeks), read through your answers and consider the following.

Your purpose should fit two criteria:

- 1) It should be something you love to do.
- 2) It should benefit others.

With that in mind, pick the thing on your list that stands out from the others because you love it more than anything else. If this applies to you, there will be no need to consider the second criterion because whenever you do something you really love, it automatically benefits other people long after you're gone.

Or, if no single thing stands out, pick the one you feel benefits (or can or will benefit) the most people.

Write your choice below:

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## STEP 3: WRITE IT OUT



Now it's time write out your purpose.

Here's an example of a life purpose to help you along.

*Ryan Resmer's Purpose: "I am continually enriching the quality of people's lives by fulfilling my purpose in life of growing myself and using my God-given strengths & talents; to share wisdom with the world so they can also grow themselves, and discover and achieve their dreams."*

**My Purpose is:** \_\_\_\_\_

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## STEP 4: CREATE A VISION



Once you've determined your purpose, come up with a strategy for its fulfillment. That's your vision. Your vision is a mental picture you hold for how you want every area of your life to unfold.

Your vision is ultimately how you're going to execute or live out your purpose.

**Purpose leads to Vision. Vision leads to Goals.**

Your goals are taking a bit out of the vision.

It's a long-range vision of all the things that you would like to do. A blueprint of the types of things you're going to do to achieve your "why." Creating a **vision gives you a destination**, so you'll know what you're aiming for. You accomplish your vision by creating several short-term goals to keep you on course. Your vision is your destination, and your goals plot your course to get there.

An excellent way to think of purpose, vision, and goals is as your "why," "what," and "how," respectively.

## STEP 5: LIVE BLISSFULLY



Following these steps should help lead you to your highest purpose in this *lifetime*.

Remember, it may take some time to discover your purpose—days, weeks or even months of asking yourself these questions.

Don't give up. Keep asking and **listening** for answers. The benefits will far outweigh the cost because when you discover your purpose, you'll never work another day in your life.

**YOU ARE WORTH THE WORK.**