

3 Simple, Soulful Ways to Discover Your Life Purpose

1. **Drop from your Head to your Heart!** There is an exercise I've given to my clients when they can't decide "who" they want to work with, who they can best serve and what their niche should be. It's a strategic spreadsheet where we list their 'potential' clients down the left side. Then across the top we list "Head", "Heart", "Wallet" and "Gut". Then we rate these from 1-5. What is interesting is when the client is connected to their soul purpose, "even if" the head number outranks the heart number, folks will go back to heart. If we really go deep within our souls, we know why we're here, what gifts we were born with and what we're meant to share. When you are torn with what you want to do "when you grow up", close your eyes, take a deep breath and Go into your Heart.
2. **Go Back in Time!** Remember when you were a child? Before "adulthood" happened, before the world stifled your mind, before rules or other people's thoughts and opinions started clouding your mind, before you might have been 'labeled' (the jock, the sensitive one, the smart one), basically before you grew up...what Excited You?! What were your Passions? What Interests did you have? As a child we're born with innate gifts. Along the way, these natural abilities may have gotten blurred or squashed. Well meaning family or friends may have said something to alter your intuitive knowledge of "who" you really are. We don't always know or remember when this happens but typically there is a shift from the confidence of knowing what were naturally drawn to to losing a little part of your light. Ask yourself...What did I love when I was a child? If you truly go deep within, you might surprise yourself with the answer.
3. **What if Today is your Last Day Alive!** No one really wants to think that way, but play along. Today is the very last day you are on earth. You wake up knowing that this will be the very last day to go somewhere, be with someone, perhaps help your very best friend with something, eat your last meal, hike a mountain or splash in the ocean, read that book you've been dying to read or ride a roller coaster. What would you do? Where would you go? Who would you want to be with? Often times when we allow ourselves to explore this, surprising answers will flow out. Our true "passions" will surface and that, my friend, can shed more light on your Life Purpose than anything else you can do or ask yourself.

"Awaken the Speaker Within" soul purpose is to help others uncover their gifts and purpose so they can share what they are meant to share with others. We "Awaken" the beautiful child inside. Then, and only after this authentic soul reemerges, we teach our clients how to expand their Impact, Influence and Income from the stage. We invite you to join the Awaken Tribe!