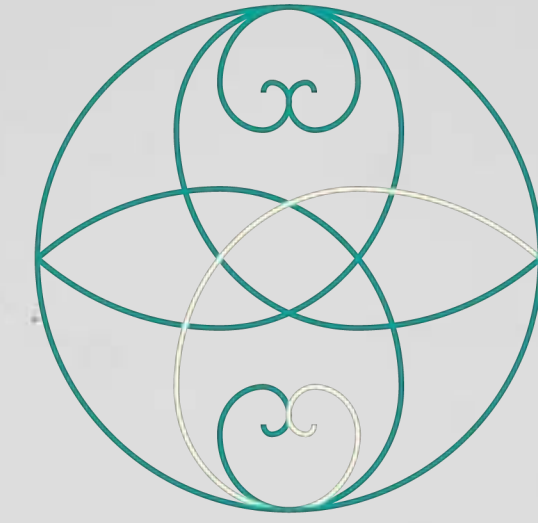


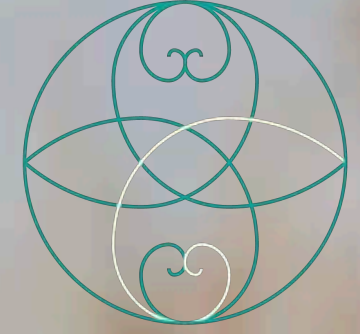
YOUR FREE GUIDE



PERSONAL GROWTH LAB

Noel D. Fuller

3 STARTING STEPS
TO DISCOVER YOUR
PURPOSE IN LIFE



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But what is your purpose in life?

I believe this is the question we ask ourselves over and over.

There are three ways in which you can discover your true purpose in life and find happiness from within.

Through...

- What you have
- What you do
- Who you are

1. What You Have

As you need to live, basic needs need to be fulfilled first and foremost before you can find purpose from other things in life.

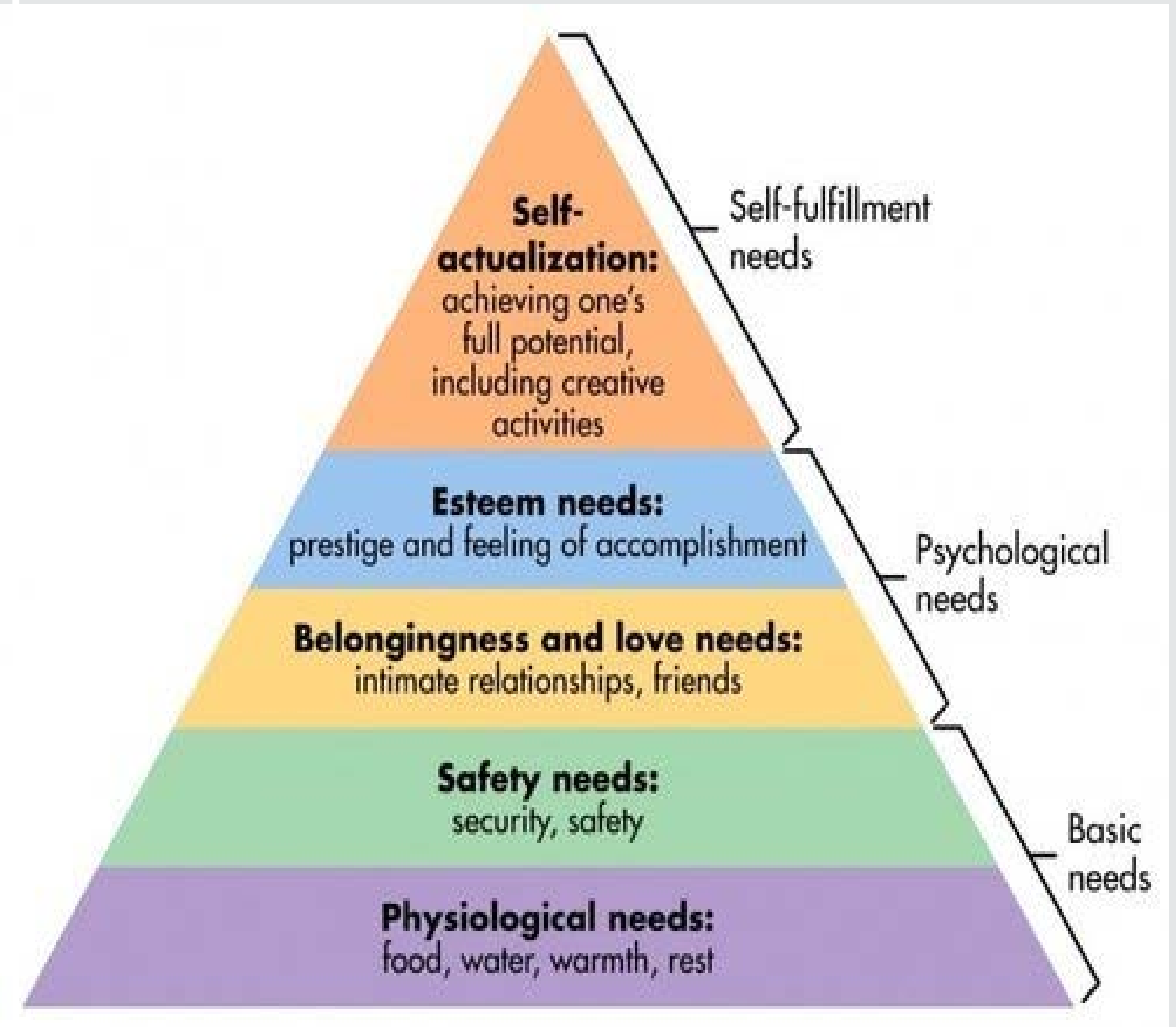
Starting from food and shelter, money is the means used to buy most basic things that you can't live without.

Although sometimes self-esteem is derived from material possessions. In other words, the purpose in life is then to become wealthy, to have beautiful things, and to be able to afford luxury.

When your purpose in life is based on what you have, your happiness comes from outside in, rather than inside out.

I have learned that this could be a tiring process.

Once you have reached your purpose in life in having beautiful things and being rich, you find yourself struggling to stay happy. It is not sustainable.





2. What You Do

Throughout our lives, we fit into different roles. Each role comes with different responsibilities— from the role of a child to a sibling, a student, a friend, an employee, a boss, a lover, and a parent; from the role of a student to an employee, a manager, a director— the list goes on and on.

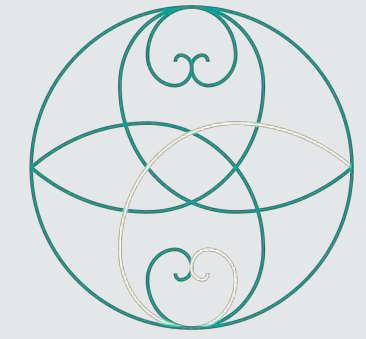
And if you haven't noticed....

At each stage of our lives, we define our purpose in life based on the role we have, in which its responsibilities define how fulfilled we feel at the time.

Our ability to fulfill the role we partake the best we can becomes our purpose. Our inability to fulfill as such becomes our failure. This role-based purpose in life changes over time as we go through different stages in life and affects how we feel— how happy we feel.

I show you what I mean...

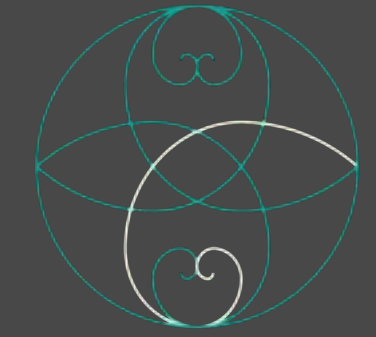
FOR EXAMPLE



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- A child feels happy when a parent praises him/her — “Well done, kid. I’m so proud of you.”
- A student feels happy when he/she gets a high score in his/her favorite subject.
- An employee feels happy when he/she’s done a great job and that the boss loves it.
- A parent feels happy knowing that the family is well fed and well taken care of.
- A sales manager feels happy when the team is doing a great job and has reached target.

As you can see here, it is almost impossible to fulfill all these different facets of life at the same time.



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The secret to finding JOY and HAPPINESS through one's purpose in life is to make sure that **“What You Do”** and **“Who You Are”** align.

3. Who You Are

This comes down to the foundation of your being — your personality traits, your strengths and weaknesses, your core values, your perspective of the world, and your beliefs.

When your purpose in life is based on who you are ... and who you are and what you do align, your happiness comes from the inside out, rather than outside in. And when that happens... when what you do and who you are align and you succeed in what you do, you feel rich and fulfilled from within.

Your gut instinct is your best friend in this.
Trust your gut instinct.

If you're not happy with who you are, then maybe your purpose in life is to become who you aspire to become.

Now it is the time to change, to adjust, and you made the first step already, or you would not read this now!

Keep going...



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If you still find it hard to understand who you truly are, the following questions can help you understand yourself better...

- Look at your past experiences and the situations you've been in. **When you had to pick between two critical decisions in life, which path did you go with?**

The path your gut instinct tells you to choose normally reflects your core values.

- Look at the people you dislike. **Why do you dislike someone? What is it about them that you don't like? What is it about their behavior that you don't like? Is it their work ethic? Is it their perspective of the world, their attitude, or their beliefs?**

- Look at the people you like and admire. **Why do you like someone? What is it about them that you like or admire? Is it their work ethic, their attitude, their perspective of the world, and their beliefs? Is it their way of life?**

- **What did you love doing as a child? What were your childhood hobbies? Were you good at drawing, painting, writing, music, or sport? When you role-played as a kid, what role did you like playing as?**

A lot of the time, these relate to your natural talents. Natural talents are what you're innately good at especially when you're not restricted by societal norm and while your dreams and imagination still run wild.

- What do you love doing in general: **Do you find joy when things are organized? Do you like freedom? Do you hate or love routine? Do you like talking to people you don't know? Do you enjoy learning something that is methodological and systematic or abstract and conceptual? How do you describe the way you think and the way you see things?**



Your immediate goal is, first, to become who you want to be.



GET YOUR **FREE** ACCESS BELOW...

Congratulations!

You've made it this far, and as a reward, you're invited to experience the **DISCOVER YOUR LIFE PURPOSE** program firsthand.

Lets check out its true life changing benefits! [Click here](#)

Remember, you're not alone on this journey.
I'm committed to supporting you every step of the way.

A person is sitting at a wooden table outdoors, writing in a notebook. On the table are several glasses of green juice, a plate of fruit (peaches and apples), and a small potted plant. The background is slightly blurred, showing more of the outdoor setting.

BONUS TIP 1 DESIGN YOUR LEARNING ENVIRONMENT

The fact is, we humans are massively influenced by our environments. By designing your environment to learn and work on your own DISCOVERY OF YOUR LIFE PURPOSE successfully, here some hack and tips you might want to consider.

LEARNING SCHEDULE

- Set up your regular learning schedule for this program
- Free yourself from all the disturbances, such as computer or phone notifications during learning time
- Leave your phone in another room or put it far away during working on yourself.
- Do never postpone or adjust your schedule, unless emergencies.
- Postponing your schedule without emergency means that other things are more priority than yourself

YOU AND YOUR ENVIRONMENT

- Ensure you have eaten, have your favored non alcoholic beverage next to you
- Ensure the room temperature feels nice and cozy
- If you like to learn with music, put on the best tracks to stay focused and not distracted
- Set a timer to work for 45minutes, then have a 15 minutes break
- If you feel you are in the moment and can work well, just keep on going, it means you are in the right vibration and flow state to achieve success.

BONUS TIP 2 CELEBRATE YOUR SUCCESS

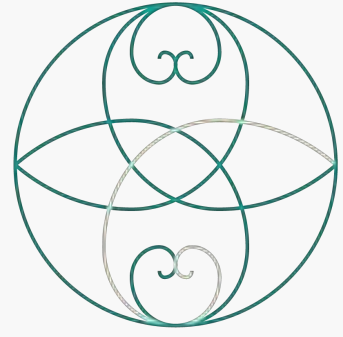
We often imagine that the right time to celebrate success is when we finally reach our distant goal. But if we only allow ourselves to feel good when we get there, we're dooming ourselves to failure. The latest science tells us that it is essential to celebrate every single time you make another step on your journey.

A fantastic tip for allowing yourself to experience a little hit of pleasure every time you complete a habit is to make it visual. Part of the problem with lifestyle choice is that you don't always see instant results.

Here's a simple trick that's worked incredibly well for a huge number of my patients. Take an old glass jar or Kilner jar and, every time you complete a healthy habit, drop a single coffee bean (or any other bean!) into it. This might sound crazy, but there's just something about this action that reinforces your health habit. You can't drop the bean into the jar without feeling your victory in a really palpable way. As you see the beans collect over the weeks and months you start to build a powerful representation of just how much all your good work is piling up.

Some people prefer a different approach. One of my clients uses a wall chart and stickers to track his workouts. Seeing all the days he's managed to get in some exercise provides him with all the motivation he needs to keep going. He has a visual record of his success and doesn't want to see his streak being broken.

You can use my habit tracker on the next page to track your progress.



HABIT TRACKER

WEEK: _____

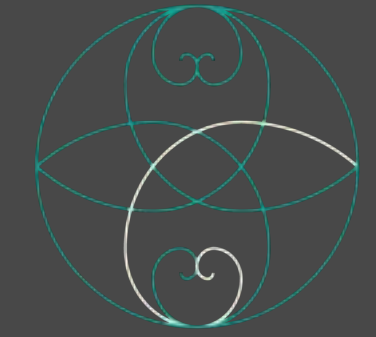
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MY ACTIONS

WRITE YOUR GOALS FOR THIS WEEK:

ACHIEVEMENTS:



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Nothing is more satisfying than knowing that another month or year has gone by and **we have become better people.**

We are more **in control of ourselves** and our attitudes.

We can **find our passion**, turn it into 'what we do' for a living, and marry it up with 'who we are'.

That is a **purpose & passion driven life.**

MY LIFE PURPOSE



"My purpose is to empower those dedicated to serving others by leveraging my experiences and knowledge.

I strive to witness their personal and professional growth, fostering a ripple effect of inspiration and shared learning within their communities and businesses."

- Noel O. FURRER

GET STARTED!





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YOUTUBE

MORE CONNECTIONS

Website: <https://noelitos.com>

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The content in this document is for education and entertainment purpose only.