

What is my Life Purpose?

Part of the "Living by Learning"™ series

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"Please... tell me who you are and what you want. And if you think those are simple questions, keep in mind that most people live their entire lives without arriving at an answer."

Gary Zukav

Here is the question: What in the world are YOU doing? I mean, what are YOU doing besides "enjoying yourself while you wait to die"?
What kind of impact are you making?

Colleen Joy Page explains it beautifully:

"The day you start asking the big questions, like: "**Why am I here?**" And "**Who am I?**" and, "What is the **purpose of life?**" That is the day you take your first step to finding your soul.

Step 1 happens when you are not satisfied with an external source for answers, when you decide to **find your own truth**. If you do not ask questions you will adopt surrogate truth - truth born of another. You will have belief without knowing. You may believe that you have a soul, but you will be looking outwards to other people's ideas about what that means and you will be denied an internal experience of your own spiritual identity. By asking questions and seeking an internal truth, you take step 1."

What is purpose?

Human being's lives are mostly all the same. You may recognise some of the following events in your life:

You're born
You eat and sleep
You play with toys
You go to school
You play little league/netball/footy/cricket/rugby
You learn to drive
You go to school
You leave high school
You go to more school, but you pay more for it now
You get a job
You get married
You buy a house
You have kids
You watch your kids eat, sleep, play and go to school
You work, work, and work
You retire
You die

That's basically life, isn't it?

Personally I'd rather think of these as just events. There is so much more to life.

What I believe sets the successful people apart from the not-so successful is that they don't just live the average life. They don't just pass time. They make an impact. They have something compelling in their life that drives them - something that gives

them an answer when they are asked that question I opened with: What in the world are you doing?

If you don't know, then maybe you need to reflect on what you are doing, what your life is about, and how you can explode the mundane bubble you may be living in!

excerpted from Jim Rohn's Twelfth Pillar of Success: Legacy, Part Three of the Jim Rohn One-Year Success Plan

If you're serious about finding this out, it's important to focus your attention and your awareness. This means make it an intention and become more fully present. This makes it possible to really experience what you are choosing to focus on.

I've learnt to try and experience things with a childlike intensity, as if you are truly interested in enquiring and learning.

Take each day as a new, long, glorious and beautiful day.

Don't make presumptions about anything, start each moment.
Seek, question, and dig for a better understanding.

You may feel that you merely go through the daily motions of your days. You eat, shower, brush hair, teeth etc. You do things you've done a million times before without having to pay specific attention anymore.

If you train yourself to pay attention to things again – you'll be brought into the present moment and you can make every moment of your life extraordinary.

Life is a series of moments – (many moments) - and the quality of each of these moments determines the quality of your life.

If you follow through on this, you'll start to take ownership of yourself and your life. This means that you can do what you desire with your life.

Your life becomes a blank sheet of paper. You can choose whatever you want to do

Your ultimate purpose, journey and destination in life is determined and followed by you, not somebody else.

The only important and ultimate goal in your life is to have a complete and balanced relationship with yourself. Herein lies your source of peace and happiness.

Then these three things give your life a meaning:
Purpose, vision and spirit.

Chris Widener says that

'You will do well to get it in your mind that some day you will be seventy years old and you will be at a certain place, and the only thing that got you there was the choices you made all along the way.'

Knowing your purpose will free you from becoming a victim. You'll understand that you chose this life and its experiences. There are no mistakes, only opportunities.

Each of us has a different path in life. If you understand your path – you'll have no need to compare yourself to others or try and compete with them. You'll understand that there is no better or worse path. All the paths just ARE.

You'll understand that no matter what you do – it's always the right thing. Being on your path is the only place you belong.



Coaching is normally a good place to start by allowing you to focus on your values and finding out how to live them out, regardless of what other people do. A value is something that is important to you. You don't have to explain it or justify it. It's just important to you.

Knowing something like this is especially important because, as you're very likely aware, you don't live in a vacuum. Life and people carry on all around you. Constantly.

Take time out and think about what you believe about yourself and life. And also about what your values are. These things play a fundamental role in how you go about exerting ownership of yourself and your life.

Living from this knowledge and truth gives you the power to live your life fully. And completely. You hold the reins.

You'll also learn that it doesn't matter what anybody else does in your external world.

I've learnt and re-learnt that when these "letting go" principles transcend everything else you'll feel enabled to set your life on course!

***If you are guided by the stars, you will only be able to travel at night
If you are guided by a map, you will be dependent on a piece of paper that
is easily lost.
If you are guided by your soul, you will always choose the right path.
Unknown***

What happens if you're off purpose?

It's a well known fact that we all need to make sacrifices. It's part of being adult and surviving in the current world.

Hence, you may find that you stray from your path from time to time.

But if you feel you're straying off it, that means that you know what your path is and why you're on it. This helps you determine if you remain on it. But remember, everyone detours.

It's just a matter of self care that the detour doesn't lead us so far astray that the path of your heart becomes a distant memory. You don't want to find yourself worn down by climbing over treacherous obstacles and knocking your head against brick walls. This will only lead you to find yourself one day standing in darkness, entangled in problems and challenges, wondering why you're there and how you got there in the first place.

Know your purpose. Nothing will bring you a more fulfilling joy than knowing what it is that you are here for on this earth. Not knowing or understanding this can bring sadness, wondering, fear and lack of fulfillment.

Having a purpose is about having a sense of direction and a reason. You know where you want to go. It can be a drive that makes you want to improve and/or sort out difficulties.

It can be a drive away from or towards anything.

Having a sense of purpose is both rewarding and pleasurable. You'll most likely feel energetic and revitalized. Meaning and a sense of achievement may be added to everything you do. Therefore, find your unique purpose here on this earth - then fulfill it! As this happens, you'll experience joy!

Live purposefully. This means deliberately within and according to your purpose. This is a matter of priorities. Let your actions and lifestyle reflect your purpose. Don't react to external circumstances or let them cause you to be swayed from your purpose.

This only eventually causes frustration.

The impulse that drives you to search for meaning is valid and honourable. It is what being human is all about - but seeking answers OUTSIDE of yourself is just wasted effort, time and energy.

By finding your own inner purpose, you'll move yourself away from the arena of continual comparison and striving. By discovering your unique reason for being here, you'll have an inner sense of importance, comfort and security from knowing YOU.

Living purposefully brings deep satisfaction and joy! Following the path of the heart often takes strength and courage but in the end, its rewards are happiness and peace.

According to the Jackson Brown song:

"Into a dancer you have grown from the seeds someone else has thrown. Go on ahead and throw some seeds of your own, somewhere between the time you arrive and the time you go home, because in the end there is one dance you will do alone."

Discover the essence of your seeds and plant them in fertile soil (A healthy combination of your conscious and your sub-conscious) and develop in the potential of who you already are.

How do I find my purpose?

Ask yourself the following questions:

1. List 2 or 3 unique personal qualities you may have. Eg perseverance & creativity
2. List a few ways that you enjoy expressing these qualities in your interaction with others eg. To inspire and guide
3. Create a picture of the perfect world in your mind's eye. What does this world look like? How is everyone interacting with each other? How does it feel? Write this answer in a statement. Use the present tense. Let yourself free to describe this ultimate condition, this perfect world as you see it.
 - o *Everyone is working hard & having fun all the time achieving what they want to achieve individually.*

I found this exercise in the book, The Success Principles by Jack Canfield and have reflected back on it many times over the past years to make sure I'm remaining true to it. It's simple. And effective. Try it.

As humans, we usually have a tendency to think that to succeed we have to set goals, work hard, struggle and chase achievements. This is merely ego. And an inflated sense of self importance.

But – when you're living on purpose, you'll let inspiration drive you instead. And when you're truly inspired you'll be surprised that don't wander whether it will work out.

But don't waste time on things you don't believe in or which don't resonate well with your soul.

Vision

Having a vision helps to inform and direct your immediate purpose.

Doing this from a good sense of your values, helps relate your various purposes into an overall meaning which adds a sense of satisfaction and uniqueness to your existence.

A vision helps you align your actions within your overall belief and value system.

Once again, you need to know what your beliefs and values are.

Spirit

Spirit is what we're ultimately about as humans.

"Every human being senses an inner longing that goes deeper than the longings for emotional and creative fulfillment. This longing comes from sensing that another, more fulfilling state of consciousness and a larger capacity to experience life must exist."

[Pathwork Guide Lecture 204](#)

The Pathwork Foundation, PO Box 6010, Charlottesville, VA 22906-6010, USA

Your spirit encompasses the wholeness and sense of harmony in what you do. This provides consistent meaning to your existence and actions.

Having a sense of spirit allows you to connect with others and with your universe. This is what it means to be 'true to yourself' or "being wholly yourself".



When you lack purpose, vision and spirit in your life it's the same as starving your inner being as you would starve your physical body of food and water.

If you find yourself speaking, acting or doing anything that is not in connection with your soul or path – you may feel any of the following:

- A sense of hollowness
- A feeling of being small
- Discord or confusion
- A draining of your energy
- Continued frustration

I'm sure you've heard of Maslow's hierarchy of needs. As humans, once Maslow's basic needs are met, we always want more.

You'll find you want to enhance something you call your experience of living.

You'll reach for self-realisation and/or self actualization.

The tagline of Completely Human encourages you to "Enrich your experience of living. Become whole again."

That's the joy of finding your purpose.

Exercises for Vision and Purpose

Here are some exercises to try to get your thoughts on track as to what you want to achieve and/or become:

- Write your own eulogy.

- Imagine what you want people to say about you
 - Imagine who will be there
 - Imagine how the people will say what they're saying
1. Give yourself 100% liberty with this exercise.
 2. Think big and with pride. Embrace your life.
 - Consider your relationships
 - Consider your heroes and people you admire
 - What are you involved in and with?

***There is a crucial difference between a life spent pursuing desire and a life lived in pursuit of purpose and meaning.
Life is not suffering; it's just that you will suffer it, rather than enjoy it, until you let go of your mind's attachments and just go for the ride.***

Socrates' words from Wisdom of the Peaceful Warrior by Dan Millman

Meaning in Your Life

The most meaningful thing you can live for is to reach your full potential. Most people believe that they are here to do something and so they spend their time worrying about what it is they're here for and meant to be doing. By focusing on what you "should be" doing or achieving you may be missing the point. Just being who you are in this life should be your focus. That's the reason you're here, after all!

Wayne Dwyer uses a powerful analogy of an orange.



He describes the fact that an orange is an orange. From any angle you look at the orange you'll see externally it is, in fact, an orange. The real proof however comes in when you squeeze the orange, apply any amount of pressure on it. What comes out?

Orange juice.

The orange is still... undoubtedly... an orange. Regardless of who is looking at it and what kind of pressure is being applied to it. The orange never wants to do anything besides "be an orange".

If you could be your true "orange self" – you'll always feel a sense of peace, energy, joy and inspiration.
If you focus on the truth of who you are – your purpose of being here becomes clear.

Ironically, this doesn't mean you're really changing anything – you're merely (but not so easily!) releasing yourself to become you.

I don't regard life as a work project, honestly. I do see it as a challenging, rewarding, exciting, rich and diverse, unexpected and rather fantastic experience. But you have to give it a bit of thought if you want to get the best out of it.

Richard Templar, The Rules Of Life

Dan Millman reflects on his "wake-up call" in life, (which was a series of dreams) in the Wisdom of the Peaceful Warrior:

"To swim across a pond, we have to leave on shore to reach another. Socrates showed me that other shore. Until I reached a point of disillusionment with my future, I would not willingly release the consolations of conventional life and venture into the unknown."



A knowledge of the path cannot be substituted for putting one foot in front of the other.
M.C Richards

Your Reason for Being

Think about your greatest gifts.

Every person is a unique being. There is only one of you in the universe.

You have many obvious gifts and other gifts are still waiting to be discovered.

Ask yourself how you can best serve mankind.

Because if you aren't helping others - if you aren't making an impact - you are just taking up space, eating food and waiting to die.

If you know, then you are good to go - live it and make an impact!

I truly believe, however, that one of the most important questions you can ask yourself in your journey to find your purpose is, "How can I serve others?" Albert Schweitzer said it well: "I don't know what your destiny will be, but one thing I do

know: the only ones among you who will be really happy are those who have sought and found how to serve.”

Eric Harvey

Also consider the following E-Lessons:

- Who am I?
- Am I allowed to feel the way I feel?
- What is self worth?

These are powerful questions that can be difficult to answer. Questions like this sometimes surface during major life challenges and/or changes eg family strife, job loss, any spiritual awakenings, or the death of a loved one.

There are six principles for aligning with your life purpose:

1. Act on Passion: Act when you feel a “go” type of energy. Do more of what you like to do. Your passion shows up in the things with which you lose track of time
2. Be discerning: Stop doing things where you are just “doing time”. Question your motives when making choices.
3. Listen: Follow through on persistent intuitive messages.
4. Commit: Do whatever is necessary to keep the deliberate forward motion of where your intuition is leading you
5. Stay open: You never know. Anything is possible.
6. Trust. Trust the process you’re in. There are no accidents.

Life is without meaning. You bring the meaning to it. The meaning of life is whatever you ascribe it to be. Being alive is the meaning.

Joseph Campbell