

Discovering My Purpose

My Goal in Life is to...
BECOME WHO I AM

Discovering your PURPOSE in life is one of the most important discoveries you will ever make. It's unfortunate that the majority of people live their entire lives without ever identifying their purpose or passion in life. Living a life "on purpose" leads to fulfillment, joy and ultimate success. This should be your goal. By following the exercises below you will be on your way to living the life you deserve.

List your 5 Main Strengths: (These should things like... boldness, courage, kindness, optimistic, etc)

1 > _____ 2 > _____ 3 > _____ 4 > _____ 5 > _____

List your 5 Main Weaknesses: (These should things like... insensitive, procrastinator, lack of motivation, etc)

1 > _____ 2 > _____ 3 > _____ 4 > _____ 5 > _____

You'll need a piece of notebook paper to continue with these exercises. Please spend time answering each question carefully and completely.



Think back to a time in your life (it could be when you were a child or yesterday) when you were absolutely happy and fulfilled in being or doing something. It doesn't matter if it lasted for a moment or for a month. Just think about what you were doing and write down as much of the "detail" of the event or activity that you can remember. Why did it make you happy? What about it felt good?



Now fast-forward your life and pretend that you're 95 years old. Looking back at everything you did, at who you were and the contribution you made to your world, answer these questions... What are you grateful for? What are you really proud of? What do you wish you could change? If you could totally re-write the story of your life, what would you have, do or be?

The great news is that you're most likely NOT 95 years old, so you CAN re-write the story of your life. Review all of your answers and spend the next 30 minutes looking deep inside your soul. There is a special plan and purpose for your life. You have unique talents and abilities that are just waiting to be used. You can live a fulfilled life, making a positive contribution to the world around you. The time to start is NOW. When you live a life filled with purpose you will experience true success— which comes from the inside out.



Compare your answers from the time in your life when you were being or doing something that made you happy and fulfilled to the last question you answered on how you would "re-write" your life story. Find the similarities then compare those with your list of "5 Main Strengths." You should find the connection. Have courage. Follow your heart and it will lead you where you want to go.



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