

What Is Your Purpose in Life? What are you here to do?

Efforts and courage are not enough without purpose and direction.
--John F. Kennedy

What is 'Purpose'?

Purpose | Define Purpose at Dictionary.com

the reason for which something exists or is done, made, used, etc.

Why is knowing your life purpose important?

- Without it you are directionless.
 - There is no unifying theme to your life.
 - Life then is just filled with 'activities and tasks' that don't specifically lead anywhere.
 - You could end up climbing a mountain, only to learn it was the wrong mountain.
- Purpose is the vehicle for your passions.
 - It's what gives your 'what you love to do' a focus for 'doing it.'
- If you don't know your purpose, you could spend your life living someone else's dreams.
 - Without your own purpose, you can't know your real dreams.
 - This makes you susceptible to others who will enroll you, and use your life, to make their dreams come true.

How to find your purpose in life?

- Your purpose will ALWAYS be based on your passions and joys.
- Think about times when you have felt most joyful and alive.
 - What are the common elements?
 - Can you figure out a way to make a living at these things?
- Think about the world exactly as you would like it. i.e., your ideal world.
 - What is it you love about that world?
 - What are you doing to contribute to that part you love?
- Write at the top of a piece of paper "The purpose of my life is to"
 - Then spend 30 minutes writing bullet point answers. Write fast and keep writing
 - Soon you will notice there is a 'theme.' Keep writing
 - Eventually, some combination of answers and theme will just 'hit you' and 'feel right.'
 - Let it sit overnight. Come back, adjust the language, and write your 'purpose statement.'

Examples of life purpose statements.

- To use my understanding of medicine to empower people to live longer and healthier lives.
 - --Medical doctor.
- To raise happy, healthy, prosperous children who make a difference in the world.
 - --Full time homemaker.
- To improve people's lives through personal development and transformational experiences.
 - --Aaron's Purpose Statement
 - *My passion is learning, using, and sharing transformational personal and professional development skills and principles.*