



12 TIPS TO FIND PURPOSE IN LIFE

It is a combination of the science of achievement and the art of fulfilment that creates the road to happiness and a life of meaning. To succeed in finding your purpose, you must master this balance. Here some things to consider.

1. SEARCH INWARD

The questions “What is my purpose in life?” and “How can I be happy?” are actually the same. If you let your past conditioning control how you evaluate that and dictate how to discover your purpose, you’re going to live a life based on others’ expectations. You can never truly understand how to find your purpose by looking outside of yourself. Everything you need is right at your fingertips.

2. PUT PURPOSE BEFORE GOALS

If you focus only on achieving short-term goals, you will never find your true passion or learn how to find your purpose. The goals you work toward must always be based on finding your purpose. If they’re not, you’ll only feel a fleeting sense of accomplishment and will soon be seeking something more.

You won’t be able to see that life is happening for you instead of *to* you.

3. FOCUS ON WHAT YOU HAVE

If you develop a value system and focus on an abundance mindset, your purpose in life becomes much clearer. You question less and less how to find your purpose because you feel like you have more of the answers and that you are on the path to achieving meaningful goals.

4. TAKE OWNERSHIP OF YOUR LIFE

True fulfilment comes from designing your own life. This is how you unlock the extraordinary. To find your purpose, you must decide what's truly right, and know it in your heart and soul. You must not let yourself be driven by fear or anxiety. A decision made from fear is always the wrong decision. It will not help you understand "What is my purpose?" but instead confuse the issue even more.

5. EXAMINE WHAT ALREADY COMES EASY TO YOU

Can you pick up a pencil and sketch a lifelike portrait? Have you always been able to pick out a tune on a piano after you've heard it only once? When you look closely at the activities or skills that have always come easily to you, you'll likely stumble upon passions that you can turn into a profitable career.

6. DEVELOP YOUR OWN LIFE VISION STATEMENT

Before you can ask yourself "What is my purpose?" you first have to know what an ideal world looks like and how you fit into it. Creating a life vision statement involves identifying what life would look like if everyone were living up to their fullest potential. This will help you develop a roadmap to guide you in the proper direction.

7. THINK ABOUT WHAT BRINGS YOU JOY

When asking themselves "What is my purpose in life?", some people don't even know where to start. If you fall into this category, it helps to look back on your life and identify the times when you felt the most joy. Was it when you were friends, family, partner? Making a successful presentation at work?

When you discover what brings you joy, you usually discover where your passions lie.

8. WRITE OUT YOUR STORY

Writing helps us organize our thoughts – and discover new ones we may not even know we had. We've all encountered obstacles in our lives. What strengths do you have that helped you get through tough times? How have you helped others? And how have other people helped you? Putting your life in writing can reveal hidden meanings you may not see otherwise.

9. TAKE TIME FOR YOURSELF

"What is my purpose?" is a deep question that takes time and reflection to answer. When you spend all your time running from one commitment to another, you never have time to just sit quietly and reconnect with yourself. Make sure you schedule enough personal time to reduce the noise and demands of the outer world and focus on what you want.

10. EMBRACE ACCEPTANCE

Part of finding your purpose is accepting your own limitations. Instead of getting frustrated with yourself, give yourself a break. Get to know yourself bit by bit, taking the role of observer. As you practice self-compassion while building self-awareness, you're able to find the meaning you're seeking.

11. FIND YOUR COMMUNITY

Finding your purpose in life is often about discovering where you fit in. When we meet our "people," we feel like we are home: relaxed and at ease, able to truly be ourselves. Your community can often help you discover how to find your purpose, or to live your purpose once you've found it. The saying "You are who your friends are" is true – and when you find the right community, it's a good thing.

12. BE FLEXIBLE

Your purpose in life is likely to grow and change as you grow and change, so be flexible. You might also find that learning how to find your purpose may require letting go of an old identity or interest. Being flexible lets you grow in integrity while being true to yourself. When you develop your core values and stop seeking external affirmation, you'll find that the question of "What is my purpose in life?" is much easier to answer.