

KNOW YOUR LIFE PURPOSE



Short, quick and powerful exercise for the most important building block of your life!

INTRODUCTION

Dear reader,

I am glad you have opted-in to download this exercise. Completing it is an important first step towards leading a life of happiness, joy and abundance.

The exercise is actually a five step process that is really simple and effective. It will take you around 5-10 minutes to complete it. But don't worry if it takes more or less, time is really not that important. Just relax and allow the process to be done. Allow it to be fun and effortless. You can print out this document or just write the answers on a piece of paper.

STEP #1

Sit in a comfortable position, and take 5 deep breaths. Now close your eyes and imagine yourself in a peaceful and familiar surroundings, it could be where you are right now, or perhaps somewhere in the countryside. It is a beautiful day, and nothing is disturbing you. You have all the time for yourself. Just in front of you, you notice something or someone you immediately recognize. It is your "higher self". You know instinctively this represents your soul, which is already whole, complete, and has all the answers you might need. Notice that it is ready to answer your questions easily and effortlessly, while you are feeling a sense of love and support that surrounds this whole interaction.

STEP #2

Ask the "higher self" to tell you five most significant characteristic of yourself that it likes, adores or absolutely loves **about you**. Accept the answer as they come. This can be for example your sense of humor, your creativity, your public speaking abilities, your charisma, your fitness etc. Write them bellow as you hear, see or feel them.

1. My _____

2. My _____

3. My _____

4. My _____

5. My _____

STEP #3

Now, ask this “higher self” to tell you five ways it loves to see you expressing yourself. For example: By helping, caring, loving, talking, teaching, writing...

1. _____ing

2. _____ing

3. _____ing

4. _____ing

5. _____ing

STEP #4

Now think about the things that are most important for you and that you would like to see in the world and around yourself. You can talk with your “higher self” about it and see if you can together come up with a common understanding on this topic. When you are ready just write what you came up with below.

STEP #5

Now, fill in the first blank below with the items you wrote in step #2. Fill in the second blank (after the word “by”) with the items you wrote in step #3. Fill in the third blank (after the words “*with the intention of experiencing*”) with the description you wrote in step #4.

My purpose in this life is to use my

_____ by _____

with the intention of experiencing _____

_____ in the world around me.

Just work out any potential grammar issues or phrase the sentence a little better until it clearly starts to make sense and resonate with you...

CONCLUSION

There you have it! Your first CLEARLY DESCRIBED life purpose! Woohoo! Time for a celebration dance! Don’t forget to thank your “higher self” for all the guidance and support.

EXAMPLE OF MY PURPOSE

I will now share with you my own purpose, when I did this process for myself:

"My purpose in this life is to use my sense of humor, ease of communication and my ability to connect and uplift people and make them feel better about themselves, by interacting with them in person, by writing emails and by connecting on-line, with the intention of experiencing more happiness, professional success and satisfaction in the world around me"

Now that you have written down your purpose, you are on your way to take action steps that will take you further on your personal path to happiness!

WHATS NEXT?

The next thing that you need to do will come naturally to you really quickly. I would like to ask you, if you don't mind, to send me your life purpose in e-mail, as this is your acknowledgement to the world that you are well on your way, and also a motivation for me to continue doing what I am doing. Please send it to Sinisa@ChangeWithLove.com .

I will send you some more e-mails about continuing towards changing your life with love towards happiness, joy and abundance.

Thank you for reading this, and here's to continuing progress and improvement on your path to constant happiness...

With love,

Sinisa

Sinisa@ChangeWithLove.com

www.facebook.com/ChangeWithLove