



## **Creating a sense of purpose in your life**

Many of us struggle with what "our sense of purpose" is. What does this mean? How does it affect the way we live our lives? Once you have discovered your sense of purpose life can be a lot easier, decision making can be a lot easier and you will achieve greater satisfaction in every you do if you are living your purpose.

We read about or see on television some great people, people who have devoted their lives, and sometimes given their lives, to helping others. People like Mother Theresa, Martin Luther King and in more modern times we see heroes in everyday life. Our soldiers who spend their lives maintaining peace in faraway countries, our emergency service workers who often place their lives on the line to keep others safe. Why do these people do what they do? It is not just a job for these people. It is a way of life. They have a sense of purpose!

Everyone can find their own sense of purpose, your reason for being on this earth. We often have 2 purposes in life:

- Internal purpose – our why, life purpose, the reason you are alive in this time and in this place
- External purpose – often a lifestyle dream i.e. to travel the world and experience other cultures, to meet a partner have children, to live a great house surrounded by people and things you love etc

### **Put simply your purpose is your reason for getting out of bed everyday!**

One of the best ways to get some clarity about what your sense of purpose is daily writing. I recommend writing first thing in the morning, when you first get out of bed. This is when your mind is at its freshest and open to the challenge of looking for your purpose. If you can't write in the morning then do it at night, night time writing tends to be a bit more reflective. Regardless when you write, make it a habit and do it on a regular basis, preferably daily.

When you are writing you write whatever comes into your head, don't censor your writing; don't worry about grammar, punctuation or spelling. If you don't think you can write anything just write "I don't have anything to write" or similar over and over you will be amazed how quickly things come to you. The more you write the more clarity and order you get in your writing. Don't read back over your writing for at least one month, allow the process to work and it will work. You should aim to write three A4 pages a day, no more. Sometimes you may not be able to write this much but do your best. I often get interrupted by my children and my train of thought goes so I end the writing for the day, they are learning though not to disturb me until I have finished. If you would like to know more

about morning writing pages read the book "The Artist's Way" by Julia Cameron or google her and you will find a great interview done with her about morning pages.

When creating your sense of purpose:

- Your purpose must always be stated in the positive
- It must be a statement about what you are doing
- Include how you are doing it (i.e. give yourself a gift as well)
- It must be able to be experienced everyday
- It must easily roll off your tongue (be memorable to you)
- Should be emotionally charged for you
- It should put a huge smile on your face
- Your sense of purpose comes from within, from your soul, your source, your belief centre (whatever you believe in)

Your sense of purpose can, and should, change as you grow and your life changes. Often you will continue to refine your life purpose over the years. Even some of our greatest motivational speakers like Anthony Robbins continue to change and improve on their life purposes. As humans it is important that we grow and change so it is important that our life purposes also grow and change.

I will share my life purpose which I wrote a couple of years ago (I am still developing this purpose and it has changed a little in recent times) –

**"To open my heart to other mothers and to provide them with love and support"**

Once you have created your life purpose it is important that every decision you make, every change you make in your life is congruent with your life purpose. If it isn't you will be in disharmony and your body will be out of balance. This disharmony can create symptoms which are emotional, spiritual or physical. If you are faced with an important decision or a change in your life, always ask yourself "will the outcome of this decision affect my life purpose". If the potential outcome is not in-line with your life purpose, let it go – something better is waiting for you which will meet your life purpose.

## Resources

- I have created a recording which may help you to create your own life purpose. It is located on my website at:
- Also check out this video, while he is speaking about business it is relevant to everyone who are trying to determine the sense of purpose or their "WHY?"  
[http://www.ted.com/talks/simon\\_sinek\\_how\\_great\\_leaders\\_inspire\\_action.html](http://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action.html)
- Julia Cameron author of "The Artist's Way" <http://juliacameronlive.com/>