

Discover Your Life Purpose



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Do you feel the need to reward yourself with a well-earned glass of wine after work and it's just Tuesday? Do you know you want to do something different, but don't know what? You probably just haven't figured out what you really love to do.

There are billions of people on earth but no exact duplicate of you. Why are you here? Everyone is on this earth for some purpose. What is yours? It's such an important concept, but often you don't realize how much your life would improve when you align who you are with what you do to satisfy your heart and soul.

You and only you are responsible for creating your life.

Stop winging it. Take the within, discovering what being on this planet. It could simply be serving connection and warmth, day a little bit better. It revolutionizing



and space. Or, most likely, it is somewhere in between. The important thing is to stop being a little cranky about life and **enjoy your journey** on this planet.

plunge and explore your inner purpose is for doesn't have to be grand. a cup of coffee with making each person's could be ambitious, transportation on earth

Be clear about what you want. Turn the light on at the end of the tunnel. Arrange everything else around it, fusing your feminine mind, body, and heart. This is just the first, but most important step to transforming your life to one that you love.



1

What Do You Love?

It's such a big part of your life, but often you don't realize how much your life would improve when you align who you are with what you do to satisfy your heart and soul. It is your responsibility to create your life in a way you find nourishing and excites you.

To find what resonates with you, take a sheet of paper and list ALL the things you love to do including your hobbies, leisure activities, books, articles and subjects you read about with great curiosity. Some of them may not seem practical, but write them down anyway.

Your list may include travel, sports, blogging, gardening, food, jogging, coaching, shopping, anything. Make sure the list is exhaustive. It's almost never just one thing. Oftentimes it's a fusion of interests, and the combination that makes it exceptional. Remember that Steve Jobs loved calligraphy, the beauty of the letters and spacing in-between. In a speech to Stanford, he shared that this was the key differentiator with Apple computers.

Morning is a time of day. Journal morning, putting down mind. Reflect on your childhood. Write about made you happy. What during different What hobbies



particularly insightful first thing in the anything that comes to life, starting from things you did that activities did you enjoy periods of your life? intrigued you? Close



your eyes and use visualization. Allow your mind to stretch and experience energy flowing through you. Perhaps something comes to mind that you have never tried. If so, experiment with these new activities. Do some homework. Who are some women you admire and would like to follow a similar path?

Don't worry if you don't find your passion overnight. Great things take time. More for some than others.

Oh, and leave money out of the equation. Fantasize about what you would do if money was not important. Well, I did say *fantasize* 😊. If the practicality of how much money you earn is top of mind, it will block discovering what you love, so will overthinking

When you do find what you love, it puts the WOW into your life.

Top three things you love to do:

1. _____
2. _____
3. _____



2

What are Your Values?

Next, identifying your values and combining it with what you love to do will be pivotal to finding your way to happiness and greater fulfillment. Values represent the essence of our being. What's important to you? Discovering your values can be transformational and help you through the rocky parts to stay the course.

Do you crave freedom, security, peace of mind, life with meaning, family, love, respect, health, friends, happiness, confidence, knowledge?

Your core values guide your decisions and actions. Connecting your values to what you love is important in designing your life and making daily decisions as to how to finance your envisioned life. It doesn't hurt to do this periodically. Depending on your life experiences, your values can change.

Below is a list of a few values that will help get you started. What values are essential to your life? What values represent your primary way of being? What values are essential to supporting your inner self? If you want to go online, you will find many more. There are over 400!



Career	Environment	Relationship	Internal
Financial	Comfortable	Authentic	Confidence
Energy	Travel	Connection	Spiritual
Integrity	Beauty	Dependable	Compassion
Ambition	Humor	Honest	Intuitive
Excellence	Tranquility	Respectful	Simplicity
Order	Healthy	Affection	Curiosity
Accuracy	Energy	Creative	Clarity
Justice	Awareness	Tranquil	Adventure
Timeliness	Music	Healthy	Greatness
Achievement	Calm	Cooperative	Freedom
Accomplishment	Healthy	Courteous	Independence
Drive	Adventure	Respectful	Status
Meaningful	Recreation	Sharing	Humor
Fulfilled	Clean	Fun	Awareness
Contribution	Chemical Free	Inspiring	Spontaneous
Stability	Aesthetic	Loving	Intelligence
Teamwork	Ecology	Passionate	Insightful
Empowered	Urban	Kind	Learning
Influential	Natural	Giving	Fearless
Creative	Country	Service	Teaching
Rewarding	Climate	Touching	Harmony
Collaborative	Positive	Trust	Joyful
Cooperative	Community	Loyal	Happy
Purposeful	Fragrant	Understanding	Empowered
Ethical	Organize	Family	Patient
Challenging	Movement		Enthusiasm
Famous			Serene



Without any preconceived ideas, try to pick five to eight values in addition to the top three things you chose that you love to do. Let that reside with you and prioritize them. Let them sit and marinate. How do they feel? You now have an idea for to making your dream life into a reality!

Top five to eight values:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



After you have made your selections, do the following...



● Relax

Relaxation allows new energy to flow back into tired bodies and minds. But the practice must be deep to be effective. All you need to do is to lie flat on your back. Breathe in and out slowly and deeply a few times. Slump. Your arms should be parallel to your body and feet slightly apart. Go over each part of your body in your mind. Tense and then relax each muscle starting at the head and working your way down. Review your body again, Tense, then relaxxxxxx again, the eyebrows, mouth, lower jaw, tongue, neck, shoulders and on down. Did your mouth drop open? If not, you have further to relax.... When you think a muscle group is relaxed, relax it even more.

● Breathe

As much as food holds the key to our life energy—mentally, emotionally, and physically, breathing generates the energy we need to lead an abundant life. It is through breath that you navigate up levels of consciousness, rising from instinctual to elevated.

By changing breathing patterns, we can produce different states of mind. Slowing down the breath has a soothing effect on your emotional state. When the breath is retained, it stimulates the brain's capillaries to dilate improving cerebral circulation. This builds an immense amount of energy in the brain, forcing the creation of new neural pathways and the activation of dormant centers; the brain is activated and awakened!



Oceanic breath (Ujjayi breath) is simple and calming. Close your eyes. With your mouth closed, take a deep, slow inhale through your nose, hold the breath in for a moment, and then let it out naturally and passively through the mouth like you are trying to fog a mirror. By forming the HAHHH sound in the back of the throat as you exhale, nerve endings are stimulated in your brain. As you breathe in, visualize life-giving power flowing into your body and charging it with renewed energy. As you exhale, visualize the ejection of things holding you back from every part of your system.

● Meditate

To magnify your success... meditate.

Meditation allows you to connect to your inner self. It is like a warm bath for the mind, transforming your being so that you can transform your outer world. Meditation melts many layers of worry, anxiety and fear making way for crystal clear thinking. Do at least ten minutes of meditation to help you direct your emotional and physical energy.

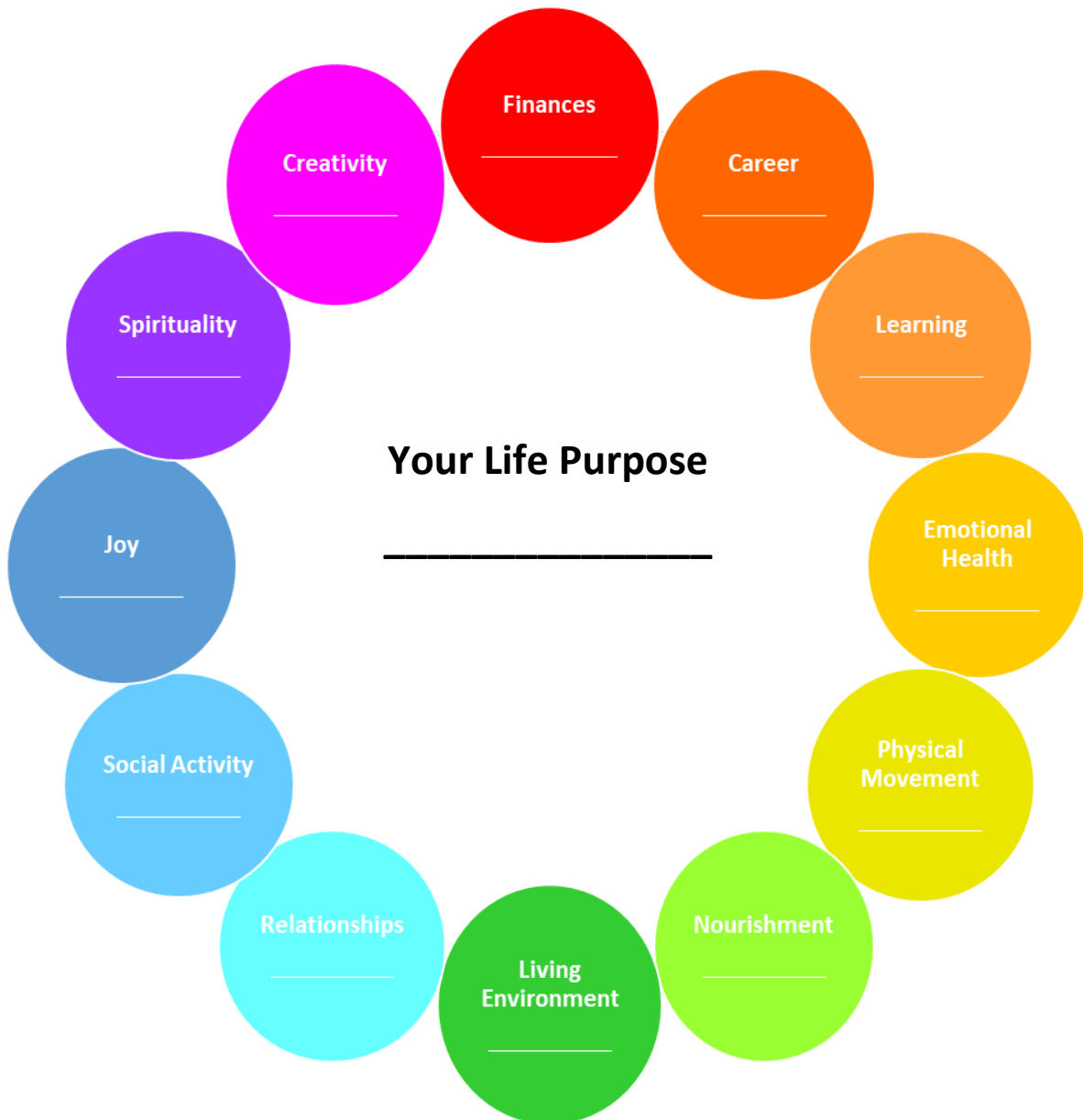
Review you're the things you love and your values. Do they feel right? If not, repeat the three steps until you feel comfortable that you are on the right track. Then on to step 3...



3

Circle of Life

Put your life purpose in the center and arrange everything else around that. Choose one activity for each circle that contributes to your life purpose. How can you balance these areas of your life?



Congratulations, you made it!

Now, imagine bouncing out of bed every morning feeling deeply fulfilled because what you do is fully aligned with your life purpose.

Be sure to check out my **LunchBag MBA: Becoming a Womanpreneur** video workshop. You can learn how to start a business on your lunch hour. Believe it is possible.

Get the nuts and nuggets of entrepreneurship in small edible pieces without actually having to go to graduate school like I did. *Hello, time and money savings!*

When you follow your heart and take action toward your goal, you can be proud of living a life of purpose, fully aligned with what you were put on this earth to do.

