

PURPOSE-FILLED Messages



Today, more than ever many people are **unclear about where their journey is leading them**. This is causing **stress and unhappiness**. However, life is always presenting us with **purpose-filled messages**. **Have you tapped into the messages of your life's purpose?**

No doubt that our lives start off as worry-free, incredibly easy and full of things to explore. However, as we grow, life becomes a mystery, it becomes a challenge to navigate at times - we become entrenched in our work, we worry about what others think about us, and we discover that we are unhappy without reason. *Why?* Well, a lot of times it's because we get so occupied with following the crowd that we lose connection with ourselves and who we really are. Life is always sending us messages about our path and a lot of the times it's wrapped up in the adversity and the resistance we face. The key is to tap into the envelopes of meaning and



the learning opportunities that are hidden in these experiences and to carve out our purpose.

THE SEARCH FOR PURPOSE

Madeline Levine, a clinical psychologist observed a pattern of emptiness in teenagers. She noted that many of the teens she spoke with, 'have a notable ability to put up a good front,' but they expressed feelings of *anxiety* and *emptiness*. They described themselves as *unhappy for no reason*.^{*} These viewpoints can also be extended to adults. Human behaviour thrives off of placing action towards the betterment of others. This is purpose. But, many may be left feeling empty because they may lack a connection to others which make them feel isolated. *Berkeley University* in their blog called *Greater Good*

writes, "Many seem to believe that purpose arises from your special gifts and sets you apart from other people—but that's only part of the truth. It also grows from our connection to others, which is why a crisis of purpose is often a symptom of isolation. Once you find your path, you'll almost certainly find others traveling along with you, hoping to reach the same destination—a community."^{*}

PAYING ATTENTION

In every moment of our lives we are doing and experiencing things that are trying to reveal our purpose to us. We don't tap in easily because we are so focused on external motivators - aesthetics, money, the perfect social media post, competition, people pleasing, getting a promotion in a career we aren't even in love with...

WHEN YOU BEGIN TO PAY ATTENTION TO THE MEANING THAT EACH MOMENT IS PRESENTING TO YOU, YOU START TO ALIGN YOURSELF WITH YOUR PURPOSE

Start to replace the the external motivators (distractions) out of your moment-to-moment thoughts with your internal motivators - passions, interests, core beliefs, values, and self wisdom. Tap into what activities and experiences you are engaged in and why:

Reading - what types of books or reading material interest you? What is the common theme? Why are you so interested?

Activities - which activities tend to positively occupy your attention? How do you feel?

Relationships - what common characteristics do you share with people you enjoy engaging with? Do you share similar values and beliefs?

Altruism - what types of causes and groups do you support? Do you share a similar life story? Why is it so special to you?

Resistance - what form of resistance keeps showing up in your life? Is there some sort of lesson that you can learn from it? Or take action to overcome it?

Values - what do you value? What types of actions by others uplift you? What in life is important to you? Why?

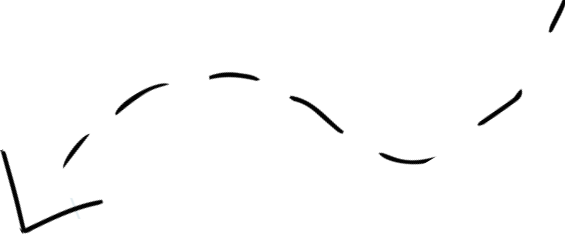
Inspiration - who are you inspired by? Why? How has the work of others inspired you? What have you been inspired to do? How will this benefit you and impact others?

Strengths and weaknesses - what are your key strengths? How you use them in your life? What are you weaknesses? Why are they your weaknesses? Do you have any desire to develop them? By developing your weaknesses, how will it add more value to your life?

CONNECTING THE DOTS

Now that you are more aware of all the people, activities, experiences, obstacles and sources of inspiration that you are driven towards, start to tap into all the commonalities and connections that are intertwined within them. Is there a particular theme, a message or a pattern that is being revealed to you about your life and its purpose? Here is what you can do:

1. **Write down everything in a mind map format**, so you can easily spot connections.
2. **Talk to other people about how they perceive you.** Sometimes, you are so far into your bubble that you don't get a chance to recognize your strong qualities and characteristics.
3. **Research and get involved with organizations and groups** which support causes that you are passionate about. Make alliances that can be of mutual benefit.



**HAVE YOU BEEN IN SEARCH OF YOUR PURPOSE?
(IF YOU AGREE WITH MOST OF THESE, PERHAPS
YOU MAY NEED TO BECOME CLEAR OF WHO YOU
ARE AND WHAT YOU STAND FOR).**

- You experience pockets of unhappiness for no reason.
- You see more meaning in the lives of others than you do your own.
- Stress tends to takeover your day-to-day life.
- You're searching for your purpose in external motivators.
- You feel disconnected with your friends, family and colleagues.
- At times, you tend to isolate yourself.
- You spend a lot of your time ruminating about things that you can't control.
- You tend to view your setbacks, obstacles and challenges as destructive events in your life rather than opportunities to acquire wisdom and grow.
- You feel misunderstood by others.
- You are unclear on which direction to take your life in.
- You know that you want to venture out of your comfort zone, but you're scared to the risk.

**HERE ARE 10 WAYS TO GAIN CLARITY ON YOUR
LIFE'S PURPOSE**

#1 Strengthen your weaknesses. It may sound counterintuitive, but when you place attention on improving your weaknesses, parts of you will begin to improve, and you will want to help others grow.

#2 Go over your values. Understand your reasons for your beliefs and align yourself with those with similar values.

#3 Read. When you read for the sake of better understanding or learning something, you are guided towards fulfilling your curiosities. You will begin to construct your own basis for learning and dive into a personal inquiry project - that may support a bigger cause.

#4 Show gratitude. In the process you gain clarity about how you would like to positively contribute towards making the world a better place.

#5 Be honest. When in the company of others, be honest about your views, your beliefs and your outlooks. Avoid following along just to please. When you openly share who you are, people will aim to support you on your journey.

#6 Share your story. You don't have to share the depressing bits, but share how you've overcome resistance and adversity. This will help you relate to others and bring you closer to causes that you can be active in supporting.

#7 Altruism. Be kind and do nice things for others. You'll feel happier and you may just discover your purpose secretly hidden in doing good deeds.

#8 Use social media to inspire. Post to educate others on happiness.

#9 Get rid of distractions. Avoid following social media accounts that make you feel inadequate, toxic people and unhealthy habits. Focus on your passions and interests.

#10 Pay attention to signs and symbols. Messages have a subtle way in presenting themselves to you. Become aware of what is constantly being told and/or shown to you.