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Inspired & Empowered Living™

Soul Adventures Coaching™

Handout for Living Your Life Purpose

Living Your Life Purpose

Before we incarnated, we set up a plan of challenges to overcome and a mission to achieve. Our job is to discover what our mission is and gain clarity about it, and clear whatever we need to in order to move forward with our destiny. It is our soul's truth. Also know as you evolve you gain more information about your purpose and it progresses too.

Our life purpose is not what we do it is who we are. It is not a job it is what we were destined to do and to achieve but in our way. In a way that is unique to who we are and the very essence of our being is to express that purpose and to live it. So as you become more of who you truly are, your soul, you line up with your destiny and begin to live it more powerful ways.

And as you remember who you really are which is pure love and light and you radiate that light with whoever you are with and no matter what you do, you are affecting others. As you gain more awareness, of the specific tasks you are to accomplish for your mission, you deliver that love and light in those ways. As you go through your day, you are still affecting all those around you.

You have certain traits, skills, and abilities which are keys to your purpose. As you connect more deeply to all aspects of yourself such as your inner child, Higher Self, and soul you can discover more about who you truly are and what you love to do. Learn about what makes you unique and what your special gifts are and what you are here to bring to the world, and as you gain more self-awareness these answers will come.

What are your core traits? If you were to ask a friend or relative, what makes you unique, what would they say? Or better yet ask them! What are your gifts?

Each of us has certain core qualities that are a way we express our purpose. When you are expressing those core qualities you are living your purpose and you could be doing anything and would still be living your purpose. For instance, core qualities such as being a leader, or being creative, or supportive, emotionally expressive, loving to learn, etc.

For example, I have come to know I have core qualities of wanting to be a leader, teacher an inspiration and I am also very creative. I want to be able to create and then take those ideas out to the world. Who I am at my core is a loving, kind, compassionate person who wants to create and lead by example. So wherever I am and who I am with just by being who I am, I become the leader, teacher or the inspiration just as I am. I learned this lesson in a class I was taking. I was just being me and sharing myself, my knowledge and wisdom. My classmates and friends would tell me that they value my knowledge and information and my presence. I was truly touched by that but what I discovered was my presence matters and so does yours. Your uniqueness is crucial and you are here to touch others in your unique way.

Also remember that even if what you do or how you express it is similar to others, no other person on the planet or in this Universe is like you. You are unique and special as you are. You are here to deliver the message you are meant to convey in your distinctive way.

So first uncover what you love to do? What gives you joy? What do you feel passionate about?

Learning what gives you joy and what you love to do are clues to finding out how you are to express the message you are meant to in your unique way. Sometimes we don't even realize that we are good at it because we just do it and don't mind doing it because we love it. But what you love doing is something others can use or need or are meant to experience. Begin to become aware of what do you spend your time doing that you love. Doing things that fascinate you and are fun, exciting, and stimulating. Think about when you were a child what did you love to do.

Perhaps as an adult you may have let it go or put yourself down because you didn't think you were good enough. But your heart's truth is to express the very thing you think it not good enough.

Maybe you need to practice or take a class or learn how to do it in a different or better way. It doesn't mean you don't do it just means find a way to express it.

Living your life's purpose is expressing your soul's deepest truth. The truth is in your heart. You really do know the truth. You just need to uncover it.

It is also in your dreams. The dreams you have been given are also clues to what you are here to do. If your soul gave you the dream it will help you find the way to achieve it.

Your job is clearing your blocks and then following your intuition.

I have had a knowing from a young age I was to write, speak and teach. I just didn't know the exact ways it would be expressed but as I have gone through my life I have gotten more and more clues. I kept following the signs. And the information what you are here to do unfolds. I have had visions many years ago. Visions of my destiny. These visions have been a guiding force in my life.

You need to clear the blocks to knowing your life purpose and who you really are and what you are here to do in order to be able to do it in your unique way.

Ask yourself what would it be like if I was living my life purpose? What would happen if I were living my life purpose?

Remember no one will do it like you!

You may question yourself and say how can I make money doing this? Know if it is part of your life purpose and you are meant to do it you will find a way to do it and get the support you need to do it. Think about it, there are people doing their purpose successfully by picking up dog poop! Or doing a dog walking business. etc.

For some people it is just a job. But when it gives you joy or you feel happy or proud to do it, it is your purpose. If you love kids, how can you work with them? If you love animals, how can you work with them? If you love creating, how can you use that to express yourself and make money doing it!

Steps to following Your Life Purpose

1. **Learn to listen and follow your intuition**. Take the time to listen because you are getting guided every moment. Learn to follow it step by step. Listen to your hopes and dreams, listen to what you love to do, listen to your heart.

2. **Work with your intuition**. Intuition is an important component of living your life's purpose. Learn to be quiet and listen to your guidance. Your soul and the Universe are guiding you in the direction of your life purpose and what you need to do to keep moving forward for your Highest Good. You just need to get out of your own way. Listen and take the steps. It comes step by step. So even if you get a whole vision of a future time, you can only be in the present time from where you are and then take the next step and the next etc. as you move forward toward the vision. Some of you may just get the next step and that is fine and know as you take each step you are living your life's purpose or moving toward it in bigger ways.

3. **Take inspired and guided action.** Allow yourself to be inspired and then take action. Trusting your intuition, your gut every step of the way. As I said just take the next step. It's important you follow your intuition to the actions that need to be taken rather than taking actions just to take action. Inspired and guided action is following your intuition. For instance if you feel drawn to take class, study something, or if you are getting guided to call someone or go somewhere, or to read a book follow it. These are all examples of possible guided actions.

4. **When you are on the right path you will feel it and will see and feel the evidence with the synchronicities and miracles that happen**. Doors open for you. If you get that it's the right path but something happens don't give up, clear your energies and know it is just be bump in the road for you to overcome.

5. **Keep going and keep clearing** anything that would get in the way of you being who you really are, speaking your truth and expressing yourself approximately and living your life purpose.

6. **Continue moving towards creating a life you love**. You know you are living your life purpose when you feel passionate, alive, excited, joyful, loving, playful, happy, fulfilled, and freedom. As you align with your purpose, life gets easier and you feel more in the flow.

   You are also working on every level the physical, emotional, mental and spiritual levels. Your relationships get better, your finances improve, and all areas of your life continue to get better. Also remember you are a work of art in process. Progress is step by step and it is not perfection.

   You are human.

7. **Become an inspiration to others**. You do that by being you and expressing yourself and your truth. When you do, you inspire others to be who they are and be and express themselves!

8. **Be part of the change.** For this world to transform, each of us is needed to be living our truth and being part of the change. When you are living your unique life purpose and expressing your soul's truth you are helping to change the world!

Worksheet for Living Your Life Purpose

You have the answer within you. It is not outside you. You may need support to uncover your answer -

Your soul's truth is in your heart. – Breathe and feel your feet on the floor – grounding yourself – then ask yourself – what do I love to do? What would

bring me so much joy thinking about doing it daily? - Really listen and trust yourself.

Take time to listen, and explore – what do you love to do? It may be so obvious that you are overlooking it! What brings you passion and aliveness and how can you combine that with who you are? How can you uniquely express this and love to do it?

Allow yourself to receive an answer – if you don't make it up – and then ask how can I create money doing this…….? Daydream and imagine……..

And if you know what you love … ask yourself what is my next step? Listen.

What information or impressions did you receive from the meditation? What did you learn about yourself? Were you working with people? How old were they? Or were you working with animals or the Earth? Did your soul, guides, or your future self tell you anything?