

# Discover Your Fascinating Life Purpose in 10 Easy Steps



Elaine Williams

# Life Purpose in 10 Easy Steps

## Discover Your Fascinating Life Purpose in 10 Easy Steps

Finding your purpose in life is not always straightforward or easy. It seems that some are just born “knowing”, while others search relentlessly only to find confusion and chaos. I have created this mini guide: **How to Find Your Fascinating Life Purpose in 10 Easy Steps**, for those in need of a bit of guidance along the way.

**Enjoy!**

## Step 1: Stop Comparing Yourself to Every Tom, Dick and Harry

This might be the single most important step of all and here’s why:

**“Comparison is the thief of joy”**

— Theodore Roosevelt

*You can become so blinded by the glare of others that you cannot see the fascinating beauty of who you really are and what you and only you are specially designed to accomplish.*

More importantly, you can set off a rash of negative emotions, including depression.

**According to Wikipedia:** “One major symptom that can occur with social comparison bias is the mental disorder of depression. Depression is typically diagnosed during a clinical encounter using the Diagnostic and Statistical Manual of Mental Disorders volume IV (DSM-IV) criteria. Symptoms include depressed mood, hopelessness, and sleep difficulties, including both hypersomnia and insomnia. Depression is the most common mental illness associated with social comparison bias. It is caused by the brain because of the hippocampus decreasing in size and the lowering levels of serotonin that circulates through the brain.”

When you compare yourself to others you stop yourself from moving forward and you have a gazillion reasons “why not”, none of which are grounded in reality. You are simply looking at others and assessing how you fail to measure up.

This thing is serious. If you want to find your amazing, unique purpose in life, you must, I repeat you must STOP comparing yourself to others.

*Ask yourself (on a regular basis): Who am I comparing myself to and why? Write it all down, then burn the piece of paper and move on.*

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## Step 2: Become Extremely “Self Aware”

"The unexamined life is not a life worth living"

— Socrates

Do you rush through life at break-neck speed never really taking the time to become acquainted with who you really are? Do you fill your life with clutter and distractions, going places that don't interest you, doing things that don't fulfil you, or spending time with toxic people who merely tolerate you and bring you down? If so, becoming self aware and finding your true purpose in life will seem like an ancient mystery.

The best way to lead an “accidental life” is to resist the powerful process of becoming self aware. I say process because becoming self aware is an ever evolving process that takes place over time. It requires stillness, objectivity, introspection and a whole lot of self love, forgiveness and care. It's hard work and no one can do it for you.

Here's a few tips on starting your journey into self awareness:

- **Understand what self awareness is and what it is not:** Self awareness is a deep understanding of your personality, your strengths and weaknesses, your belief systems, your preferences, your gifts and talents, your attitudes, your emotions, your thought life and mindset. Self awareness is not reading a book and hoping for a personal transformation. When you are searching for yourself, reading a book can actually be a “distraction” and the very thing you need to avoid. This is not the time to look outside of yourself. Rather, this is the time to gently look yourself in the mirror.
- **Find time and space everyday to get quiet:** When you are quiet, you can hear. By shutting down all the distractions, you can reflect and think. You will be amazed at the thoughts and ideas that come to you about yourself.
- **Develop the habit of journaling:** Begin to write down the thoughts and ideas that come to you about you.
- **Ask probing questions:** This will bring clarity on specific details about your personality, your strengths, emotions, etc. Be sure to write down your responses.
- **Take action:** As you begin to learn more about who you are and what you are really about, take massive action in the direction of your heart. As you take action, you will become increasingly more self aware.
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As your level of self-awareness increases, you will begin to uncover your authentic self and what sets your soul on fire! This is a huge clue to your life purpose.

## Step 3: Think Happy Thoughts

“It isn’t what you have, or who you are, or where you are, or what you’re doing or not doing that makes you happy. It’s what you think about.”

— Dale Carnegie

The power of positive thinking is not a figment of our imagination. It’s very real and can actually help you find your life purpose.

There are extensive studies on positive thinking to back this up:

A landmark paper by Barbara Fredrickson found that “positive emotions momentarily broaden people’s attention and thinking, enabling them to draw on higher-level connections and a wider-than-usual range of precepts or ideas.” Results showed that this meditation practice (of loving-kindness) produced increases over time in daily experiences of positive emotions, which, in turn, produced increases in a wide range of personal resources (e.g., increased mindfulness, *purpose in life*, social support, and decreased illness symptoms).

There you have it. So put on a happy face as you uncover your amazing life purpose.



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## Step 4: Get in Shape

“Walking gives wings to the imagination”

— Unknown

Physical exercise makes your brain work better. Don't underestimate the power of a strong brain when searching for your purpose because it requires quite a bit of physical stamina to stay focused and relentless. It is both a mental and a creative challenge. The pursuit of “finding your fitness” helps with both.

When you feel great physically, it translates to a brighter outlook and clears your spirit. It puts you in the peaceful frame of mind that you need to pursue your purpose. It opens you to new opportunities and possibilities.

When you commit to a health and fitness regimen, you just feel better, physically, mentally, emotionally and spiritually. It increases your optimism and heightens your resolve, two key components needed to find your life purpose!

## Step 5: Simplify Everything

“Less is More”

— Robert Browning

The importance of simplifying everything is often times overlooked when searching for your life purpose. Robert Browning nailed it when he coined the phrase “Less Is More”. The fewer time wasting distractions, unnecessary clutter, emotionally draining relationships, toxic thoughts, etc., the **more** clearly you will begin to actually see and pursue your life purpose.

Simply put.

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## Step 6: Find Your People

“If you want to go fast, go alone. If you want to go far, go with others”

— African proverb

In the pursuit of purpose, there is nothing more precious than being surrounded by people who believe in YOU and support YOU in what you're doing.

There are enough Negative Nellies and Same Sams out there to fill a stadium. These are those who try to discourage you from moving forward because they are saddled down with their own unbelief, self-doubt and lack of faith. So, do yourself a favor and get far away from them. This doesn't mean that you cut them off completely. It just means that you guard your precious pursuit of purpose from them. (Hint: Just talk about the weather.)

Then go out and find your people. Those people who need little or no long explanation of “what you're doing”.

**They just “get it”.**

The majority of people will not have a clue about what you're doing and that's fine. It's not possible to be everything to everyone. Here's where we make one of our biggest mistakes and get sidetracked. We try relentlessly to recruit everyone around us and “win” them over or “get them on board”. This low level of thinking is rooted in self importance, fear of rejection and pride. A bigger person would be fine with the path that they've chosen and would surround themselves with others who have chosen a similar path.

You can't be all things to all people, but trust me when I tell you: “There are people out there just waiting for YOU to show up. Find them and find your life purpose!”

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## Step 7: Choose Passion over Money

“Passion is a money magnet.”

— Me :)

We all hate this one. Here's why:

- We've heard it a million times
- We've usually heard it from someone who is rolling in dough (so to speak)
- We need to pay our bills, that's why we started this in the first place
- It's boring and doesn't make sense to our brain
- We don't understand how this is even possible

But the truth is: It's still true.

When you get laser focused on exploring your life purpose and passions, work actually becomes easier. All of a sudden, your priorities get aligned with what you really want. You start to truly feel like your soul is on fire. You shift to focus more attention on taking daily consistent action. As a result, your outcomes and your world gets brighter. Your faith in yourself and what you can create begins to soar. It is then that you realize that what all those people who have gone before you said, was actually true. You have faith. You have a positive expectation. And you know deep in your heart, that you're on the right path.

You finally begin to realize that the money cometh....

And do you know why, the money cometh? Because you have reframed your life and vision in accordance with what matters most to you. You are no longer distracted by what everyone else is doing and what everyone else has. You've moved into curating your own beautiful life and meaningful work. You are being transformed by all the hard work of those steps that you've taken.

You have developed the renewed health, energy, positive mindset, skills and creativity to find out “how” to make money from it. This is the benefit of prioritizing and finding the thing that sets your soul on fire....your life purpose.

Don't be tempted to put the cart before the horse.

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## Step 8: Paint a Picture of Your Dream Life

“Write the vision down and make it plain...”

— The Bible

Writing the vision of your future life or “painting a picture” of how you want your life to look in the future is a powerful exercise. It actually provides clues to what you might be passionate about. This exercise can start you on your path towards clarity by shining a light deep within and casting a light forward.

The idea here is to be as clear and descriptive as possible. Just imagine, that the future is yours to create without inhibition.

**What would you do?**

Who would you be?

**Who would you serve?**

Would you own your own business?

**Look for patterns. Have fun. Write it all down.**

Remember, it’s your future, you can dream as big as you want to.

As you begin to discern what you want your future to look like, your true purpose will start to surface.



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## Step 9: When in Doubt, Get Help to Figure it Out

“A mentor is someone who sees more talent and ability in you than you see in yourself, and helps bring it out of you.”

— Bob Proctor

Nothing paves the road to success in any undertaking faster and smoother than a mentor. A mentor is that special someone who can challenge you and cheer you on at the same time. A mentor is a person who believes in you as you find your footing and begin to believe in yourself. If you find yourself in a quagmire of confusion and self doubt, don't be afraid to ask for help. A mentor can guide you and support you as you journey into finding your true life purpose.

## Step 10: Understand that the Journey is More Important than the Destination

“Success is a journey, not a destination. The doing is often more important than the outcome.”

— Arthur Ashe

Here is another truth that is hard for many of us to embrace. Why? Because we get caught up in being so “results oriented” that we miss the beauty of simply “becoming”. We frantically chase success to find how elusive and short lived it really is. But the transformational process of “becoming” is ongoing and full of life and joy.

The person you are becoming as you “go for it” is truly awesome and shouldn't be ignored. The confidence that you experience by taking risks, the courage that you gain from investing in yourself, learning new skills and honing others is extraordinary.

Discovering your life purpose in an ongoing undertaking. Once you find it, you will be constantly tweaking it, testing it out in different environments, refining it and making it better.

You will undergo a full spectrum of emotions: joy, pain, confusion, self doubt, fear, belief and more. Embrace all of it with courage. As you pursue your unique journey, your unique journey is pursuing you.

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Ultimately, it's transforming you into a beautiful gift. So enjoy the transformation process that comes as a result of stepping out to find your purpose.

There will be many who will be glad that you did.

Need help finding your unique life purpose? Sign up for a 60 minute clarity conversation [HERE](#).

## About Elaine



Hey, I'm Elaine

I am an eternal optimist who has an innate ability to believe in people.

I help smart, driven women, just like YOU, get CLARITY on your purpose, and take control of your life by designing a life of intention.

How? By simplifying the process and eliminating the mystery through step by step plans and bite sized actionable strategies.

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