Exploring Your True Life Purpose

Tips and techniques to help you write your life purpose statement

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Introduction

In this report I will help you determine and write your own personal life purpose statement. This is a valuable and empowering tool that you can use to help guide you throughout your life. Before we do that though, let’s look at some of the reasons for the search. Many people may claim that they are searching and trying to find their primary purpose in life. Few actually achieve it. Is there a reason for that?

First, we must understand what causes this drive to find meaning in life. Usually it’s based on a reason for the search such as: 1.) Dissatisfied with the way things are currently going. You may feel like many that it’s just not satisfying to continue going through life and not feeling satisfied that you are achieving what you were ‘intended to be achieving’. You may feel like there is a hole in your life somewhere, or that you have not fully worked toward your primary goal. You feel like you are a little out of sorts at how you approach life and it’s challenges. 2.) Health issues cause you to think about achieving more in your life. It’s true that there is a lot of pain in life, and unfortunately for some, the physical pain could become unbearable at times. When that happens it’s not unusual for you to question your place in life and if you are reaching your highest potential. You may feel like you’re being held back because of the physical pain. 3.) A spiritual outlook spurns a search for the meaning of life. As we move deeper into times of change, more people have taken a spiritual approach to life. There may be more questions about the meaning of life and your place in it. 4.) Feeling too comfortable in life. When some people feel that life is a little too comfortable for them, they start to question their purpose, they think: ‘there must be more to this’.

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All of these reasons are valid. Any of them can act as a catalyst to cause you to ask more from your life. Regardless of what is causing you to ask more from life, it’s important to understand what may have slowed your progress.

**What’s Holding You Back?**
Even if you feel like you are truly getting somewhere on the grand ‘stage of life’, there may be things holding you back that you never considered before. Simple things can really put a damper on your desire to achieve your true dreams and wishes, I have outlined them below.

**Modern Technology**
One of the biggest issues in life are the distractions that modern technology cause us every day. As the mechanization and miniaturization of our daily life tasks keep continuing: smart phones, texting devices, computers, answering machines and remote control devices – we lose touch with what it really means to be human. Our creative imagination slowly erodes until there is no desire to learn or care about ‘how’ something is done. Instead we care only that it gets done quickly and with little action on our part. Because a life that focuses on your higher purpose and achievement requires action. Your desire to achieve can be reduced when you are not being creative, imaginative and active in your daily life.

**Your Education**
Another factor that could be holding you back from achieving your true life purpose may be the way that you were educated. Much of our education has taught us that to be unique and highly individual is not the best way to achieve. Pay close attention to how you were
taught as a child. Were you shown to value your own inner uniqueness and to work with ‘personality’ and ‘charm’? If not, you will have some work to do with your own confidence and with owning the unique person that you really are, before moving forward with pursuing your individual life path.

Your Job

Another cause for a lack of desire to achieve your life purpose comes from working in a job that is so routine that it does not allow you to express ‘who you really are’. If you are working in a job that is highly specialized, but requires you to work on repetitive tasks throughout your day, you may be a victim of this. You may have to seriously consider a change of career to reach your highest potential. A change that may not always be comfortable in the short term, but will have huge advantages for you in the long run. Many people come up against career change issues in their early to late 30’s to mid 40’s, and even into their late 50’s. This is due to the Astrological and Numerological influences happening in everyone’s life in that time. You may really be challenged to consider another career, or to go outside of your comfort zone to achieve what is best for you (your highest potential).

Your Outlook

Another factor that may slow you down from achieving your highest potential is that you have accepted where you are in life. You may not feel that there is more to achieve, or you may not realize that you have the option to achieve even more. It is best to keep an open mind and to be aware of how you may achieve more in this life and where it can take you. Many times a failure to create a lofty goal keeps you working on smaller goals and slows your ability to reach your fullest potential. Your personal karma may play a part in your outlook. We will look at that a little later.

You’re Busy

One other distraction that may slow down your search for a life purpose is constantly being busy with something. Our modern society often demands that we keep busy all the time with something to do, or somewhere to go. If you’re not going somewhere yourself then it’s likely you have to take your child to an event or activity. This constant need to attend to things means that we end up leaving some things unfinished and that can really hurt your conscience over time, and affect your confidence.
How can you overcome these distractions and hindrances? Try to spend time every day out in nature, or off by yourself – make sure you have your cell phone turned off, and that any of the technology that you normally rely on is put away during this time. Just a little time will be helpful, even if it is only 30 minutes, as it will give you some space in your life from your daily tasks, chores and other requirements.

If you were educated in a standard setting consider how you can gain confidence for being unique. Try to come up with a reward you can give to yourself for spending your 30 minutes alone. Make it something simple, but something that may let you think differently about your day – perhaps offer to spend some time talking with your sister, or give up one of your daily habits and instead go to the bookstore to read on any topic that you have not read about before.

If your job is repetitive or is bothering you consider reading about careers in a field that is more appealing to you. Talk with others in your family before you make a major change, but just entertaining what it would feel like in another career can be enlightening.

**Finding Your Authentic Life Purpose**

Finding and determining your authentic life purpose is not an easy task. If you have been struggling with this for some time, I want you to ask yourself a question. Would it be helpful for you to look at an Astrological or Numerological chart for a little more information on the type of career that may be more suited to your personality? I see many people that work in a job that is not fulfilling. In the end they find support from the gentle guidance that a career astrology reading, a life purpose numerology reading, or professional numerology reading can provide. While it is not necessary it can often give you the ‘nudge’ you need to reevaluate your current life focus. Let’s look now at how you may determine your life purpose based on where you are in life now, and on what your abilities, strengths and ‘personal will’ is telling you.

You should keep some points in mind while you are considering the career that would be best for you: **1.) Remember that your friends and relatives in this lifetime were drawn here to be with you.** They may have some influence on where you are most interested in working, especially if you enjoy working closely with others and feeling like you are all part of one big family. **2.) This may be one lifetime in a long series of lives.** This may require that the direction you take in this lifetime is not quite as far reaching as you may like, but that may come

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later in another lifetime. 3.) **Your purpose in this lifetime aligns with the purpose for all others around you, in your community, nation, and planet.** In other words, keep in mind that your primary goal in this lifetime fits in with God’s grand plan for all of us, you are merely one part of that plan. 4.) **Do not try to be all things to all people.** This is one of the most important points to consider. Your purpose in this life may be something very subtle, but still very powerful in it’s message. Learn to keep your purpose in perspective and you will go far toward achieving everything that you can during this lifetime.

While you cannot be everything to everyone, you certainly want to be true and authentic to yourself. That requires that you follow basic principles that can help guide you to your life’s purpose. There are many principles which are valuable and helpful in this regard. Below are the top 3 which you should at least consider when defining your own life purpose statement.

**Actions when working toward your life purpose**

- **Cooperation with others:** learning to get along with and work with others close to you.
- **Knowledge of your inner-self:** understanding your own personality (and how you relate to others).
- **Choosing personal ideals that match your unique life path:** matching up your personality with a career that suits you and lets you realize your life purpose.

All the time that you are searching for your life purpose, you still must remember to keep your interactions with others in mind. Your true soul’s purpose must contain a balanced approach to looking within (for meaning), and looking outside of yourself and how you interact with those close to you. In other words, your relationships are just as important as your inner seeking.

**Your Personality Traits**

Your personality has many traits, some are good, and some are not so good. While it is appropriate to notice those subtle parts of yourself, you should be aware that it is these unique nuances of your personality that make you different from everyone else. It is not always possible to control which traits you have, but it is a good idea to try to inventory (keep track) of your

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personality traits and how you react in certain situations, especially if you want to have more control over the outcome of those situations (such as meeting someone you want to have a relationship with, or meeting a new person that you would like to be best friends with).

Often times your personality operates completely from habit, and it’s not something you can control, but your self-will can be controlled. Try to become aware of the 12 primary aspects of self-expression and see which one fits you best. You can find that list below. Circle the ones that you can relate to, and ask others to help you identify your unique self-will and it’s primary action (one main expression from the list below).

**The 12 Aspects of Expression**

Spirituality, creativity and your ‘personal will’ make up your soul. Your ‘personal will’ has one primary expression. See if you can identify it from the list below (note, we start numbering with 0 – zero here, and continue through to 11, the reason for that will be discussed later):

0. **Intuitive – Instinctual**: you operate from pure instinct, always going with what your ‘gut’ tells you, and most of the time, you are right!

1. **Independent – Original**: you are aware of your unique individual soul and you strive to remain that way.

2. **Diplomatic – Partnering**: you are most yourself when you are working together with others, or letting others help you in making decisions.

3. **Outgoing - Ambitious**: you are most happy when you are expressing yourself with others, a true extrovert.

4. **Persevering – Devoted**: your expression is one that is constantly driven; you are devoted to a cause and are happy serving what God has in store for you.

5. **Imaginative – Changing**: change and exploring new things are what keep you active. You are highly imaginative in the ways and methods that you impose your will.

6. **Domestic – Teaching**: you are happiest when you express yourself through your family. Being at home and enjoying family time or teaching and instructing others matters most.

7. **Introspective - Spiritual**: you seek the inner life more than others. You are most happy when you are looking for the ‘meaning of life’, or when you are alone.

8. **Organized – Material**: you must have organization around you to be successful. You seek out things that are valuable and you.

9. **Sympathetic – Humanitarian**: you are all about serving others before taking care of yourself. You have an inner need to be ‘of service’ to all that you meet. Teaching is also a priority.
10. **Inventive – Ingenious:** you are happiest when you are inventing something new. Your will works best by coming up with new and powerful ways for things to work together.

11. **Inspired – Influential:** you strive to inspire others through teaching and sharing your values with the world.

The aspects above were numbered from 0 to 11 (instead of 1 to 12) to match up with the numerological influences behind each trait. After years of studying charts I have realized that you can learn more about your true ‘Essential Self’ in relationships when looking at 12 primary traits (instead of 10). This has become an important part of the calculations in a Compatibility Numerology Reading.

While it is true that you have one unique expression of ‘personal will’ in the list above, it was probably not a fair question. Your complete soul is made up of four additional primary aspects: personality/physical self, emotional self, intuitive self, and spiritual self. If we consider your expression of will to be your ‘intellectual self’, that gives us these five components to your overall makeup:

1. Intellectual / Mental Self (*Life Purpose*)
2. Personality / Physical Self
3. Emotional Self
4. Intuitive Self
5. Spiritual Self

It is important to note that your intellectual/mental self (or ‘personal will’) is the primary driving factor of how you make decisions and the best method for achieving your highest purpose in life.
The other four areas weigh heavily into your decisions and even your daily life and they should be considered as working together (synergistically) to assist you in achieving your highest purpose.

The other four components are just as important and they are also a valuable part of your overall makeup. They all need to be considered when writing your personal life purpose mission.

**Finding Your Strengths, Abilities and Talents**

It is important to form an inventory of your skills so that you can use those to help you write your personal life purpose statement. Below are techniques that you can use to determine your strengths and talents that stand out, as well as your strongest abilities. You will then use these strengths, skills, talents and abilities to help you put together an authentic life purpose statement.

**Talent Finding:** Read through a list of sample talents and circle those that stand out to you.

adventurous, agreeable, aggressive, articulate, artistic, assertive, astute, beautiful, careful, clever, committed, conscientious, consistent, cooperative, courageous, creative, decisive, dependable, discerning, disciplined, dynamic, easygoing, empathetic, energetic, enthusiastic, experimenting, extrovert, flexible, focused, forgiving, friendly, generous, helpful, honest, important, industrious, imaginative, initiating, innovative, inspiring, introspective, intuitive, kind, logical, loyal, modest, musical, nice, objective, open-minded, optimistic, organized, panicky, patient, peaceful, perceptive, persistent, persuasive, playful, powerful, poised, practical, productive, rich, self-reliant, sensitive, sincere, spontaneous, steady, tactful, tolerant, wise, worried.

**Skill Finding:** Read through a list of sample skills and circle those that stand out to you.

advising, animal lover, appreciating, child caregiver, concentrating, cooking, delegating, gardening, humorous, leading, listening, motivating, negotiating, planning, teaching, tolerant, transforming, troubleshooting, writing.

**Identifying Previous Successes:**

Think about the activities in your past that you had success. You can even go back to childhood if you like. The important part here is to pick out those areas where you were particularly good at achieving what you wanted to achieve. Others may have thought so as well.

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If you received an award or trophy for achievement then write that down. Try to determine the talents and skills that you used to help you find success in this particular task and write it down (below). Try to come up with 6 to 8 previous successes.

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Check Your 3 Primary Talent Areas:
Almost all talents will fit into one of three categories: skills involving other people, skills working with information, or skills working with things. Think about your strengths in each of these categories and see if you can pinpoint specific talents you have available to you:

1. Talent involving other people
   1.1. Basic Skills: Telling others how to do something, helping or serving others
   1.2. Medium Skills: Persuading others, communicating ideas/concepts, supervising others
   1.3. Advanced Skills: Negotiating with others, counseling others, training/teaching, leadership

2. Talent working with information
   2.1. Basic Skills: Copying, working with computers, observing
   2.2. Medium Skills: Organizing/filing, evaluating, researching and analyzing
   2.3. Advanced Skills: Creating new information, designing something new, visualizing

3. Talent working with things
   3.1. Basic Skills: Working with construction, physically strength, handling objects
   3.2. Medium Skills: Monitoring machines and checking progress, operating machines
   3.3. Advanced Skills: Repairing machines, repairing mechanical objects, designing new things

Circle the skills areas above that you are most comfortable working in, and that you have had the most success doing. Indicate your talents below:

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People Talents:  
Information Talents:  
Thing Talents:  

Find strengths from your faults  
Think of some of your faults and list them below. Then, try to find a way that you can turn that fault into a strength by finding some talent/skill in that fault that may be hidden, or unnoticed previously.

Writing Your Life Purpose Statement  
Keep in mind that many people will never find out what their life purpose is. Many will just plain give up and live a life that leaves them feeling unfulfilled, unhappy and with little joy during their daily lives. The difference is substantial for those that do find out their life purpose, and that will be you.

Now that you have spent time finding your strengths, talents, and skills as well as identifying your personal expression of will, it’s time to think about writing your life purpose statement. Your personal mission statement should be thought of as a direction for your entire life in all areas. While some people may choose to live for their career, this should not be your intent. Your
mission statement should give you the freedom to enjoy every aspect of your life: career, relationships, free time as well as any volunteer activities you take part in.

Your life purpose statement should define the purpose of your soul in terms of the skills, talents and your expression as they relate to service to yourself and others throughout your lifetime. Try to leave enough freedom so that you can achieve your authentic life purpose in all areas of your life: career, romance, finances, your hobbies, and the higher spiritual purpose of your soul.

Sample life purpose statements

* I will be a strong leader in all respects (spiritual, mental, emotional) while applying my skills of organization, leadership, and business drive. I will work in a career where I can lead others intuitively, my hobbies will match with my passions and I will have extra time to enjoy them, as well as my romantic marriage and family that will give me a lifetime of happy memories.

* My desires for spiritual awareness and kindness will inspire others as I find fulfillment and joy in the clergy. I will marry and find love and commitment, and my finances will always be substantial enough for me to enjoy any hobbies or other sports that I am interested in.

Note how the first statement left a little more freedom of ‘personal will’ in how the author chooses to live, though it was specific enough to give a framework. The second statement was more exact and detailed. Either will work fine, and will give the author the desired guidelines to live by.

Your intellectual self is always thinking and listening for a new path, or direction that you may have an interest in going down. That’s fine, try to keep your mind open to trying new things from time to time, as you feel inclined. You may need to adjust your Life Purpose statement every 10-20 years, or whenever a major (life changing) event has an effect on you.

Do I Have Several Missions In This Life?

Remember that you chose your life purpose just before birth. In fact this theory fits perfectly with Astrology and Numerology as it implies that your time, place and date of birth were not by accident, but were chosen by your higher self as one that would give you the best opportunities to achieve a specific purpose in this life. It is this purpose that will never leave you, it will continue to make its presence felt throughout your life, though you may notice small ‘detours’ along the way, throughout your life that may have their own meaning.
While it may seem that you have more than one, it’s likely that you have only one primary purpose in this life. Only in very rare circumstances where a change of career passion, or a major change in a marriage, or financial issues will it be necessary for you to consider a second life purpose statement for your life.

Tools to help you write
Here are a few things you can do to help you get warmed up to writing your own life purpose statement. Take your time and go through the exercises below as they will help you put together your authentic life purpose statement. Give it time, and take time too. Writing a life purpose statement may take some time, or it may come to you all at once.

1.) **Think of a day that would be perfect for you.** What would you be doing? What type of career would you have? How would you be helping others, and how are your actions? Use these feelings to help you write your life purpose statement – by examining the little things that you do on your perfect day and the talents, skills and personality traits that you would show throughout the day. Write these down and use those to help you formulate your authentic life purpose statement.

2.) **Try to remember all of the major events in your life.** Construct a timeline on a sheet of paper. Try to show the most powerful events and dates. Do you notice a pattern of events where you felt like you were truly serving your purpose and that you felt successful, happy and fulfilled? If you continue to look, you will find several events that made you feel like you were on top of the world. Look at those events where you felt your best and write down notes on each
event: what type of skills were you using, which people in your life were the most important, what were you doing, and what was your environment like. Use that information to identify which skills, places, environment and relationship types that you were involved with the most. Use these to help you write your life purpose statement that matches your most fulfilling moments. In this way you will not be able to go wrong, because your life purpose statement will automatically put you in the right places (environment, location), at the right times (day or night) with the right people (relationships) and will have you using your best strengths, abilities, skills and talents (people, information or things) to reach your highest achievement.

3.) Ask for your true life purpose to be revealed to you in a dream. I have received many powerful messages in my dreams, and I know that if you are searching for an answer about your authentic life purpose that your dreams may be one of the best places to look for an answer.

The method works like this. Before you lay down to sleep at night you should ‘set an intention’, that would be asking for guidance in your dreams, to help you answer a question about ‘your true life purpose’. The way that you word your question is unique to you, but be certain that you ask specifically to have your life purpose revealed to you in a dream tonight and that you leave the question open (so that it cannot be answered with a yes or no). Meditate or pray the night before and write your question on piece of paper which you should place under our pillow. Try to continue asking the question while you fall asleep and then wait for an answer to be shown to you during the night as you dream.

Be certain to keep a notepad, and pen (or pencil) by your bedside, and that as soon as you awaken to write down your dream. You may wake several times in the night, and each time it’s possible that your dream may give you answer to your question. Remember your dream may be symbolic (with different symbols appearing). It may appear as a scene from your life. Review your dreams from the night before in the morning and see if you received an answer. If not, it’s fine to ask to have the question answered again the next night. You may continue to ask for 3 nights, if you do not get an answer then wait 7 days and try again (3 more nights if required).
4.) **Write your obituary.** This may sound creepy at first, but I can assure you that it is an excellent technique to help you understand exactly what you want to be remembered for in this lifetime. You can then read back through what you have written and pick out what you were remembered for most. Was it your relationships with others, or for something that you invented, or for the service you gave to others as you worked for them? You will find that this may be an excellent way for you to determine how you should best work on achieving your true life purpose.

Now that you have worked with the tools, and you have identified your own strengths, talents and abilities and the best environments, and type of relationships that you enjoy most, take some time to think about and write your own life purpose statements below.
My Life Purpose Statement

Conclusion
I hope that you were successful and that you have written an authentic life purpose statement above. Remember that if you experience major changes in your life, or you feel like you are not going in the right direction that you may need to re-visit this report and write a new life purpose statement. Do not consider that lightly as it very rarely happens and if you feel that you have created your perfect life purpose statement then you should stick with that for the time being. If you feel you need further direction in understanding and determining what your life purpose statement should be you may want to consider a Life Purpose reading or an Astrology reading, Numerology reading or Tarot reading to help you along the way.

Please feel free to contact me personally at TheDreamtime.com if you have further questions, or comments about this report. You can contact me using our Contact Us page located at: http://www.thedreamtime.com/Astrologer-Contact.html